

STAY TRUE  
to YOU

**CONVERSATION  
FLASHCARDS**



**We've heard from many practitioners that sometimes you need or want to have important conversations with a young person (or several) about violence and staying safe, but you may be short on time or feel unsure of what to say.**

**These TRUE flashcards have been designed with this in mind.**

# **These cards will support you in starting quick and semi-guided conversations with young people.**

Issues covered include: causes, prevention, staying safe, getting help

- The questions have been designed to encourage some gentle self-reflection on the topic of violence and staying safe.
- These can be used on an ad-hoc basis, as and when you see fit.
- You can use as many or as few as you (or the young person) have time for.
- Use the questions as a guide – but broaden the conversation wherever you feel.
- Try to consider in your discussions both what happens in the real world and online/ social media.
- Remember you still need to consider the TRUE principles when using them:

## **TALK**

Create open and honest dialogue with young people. Help them build meaningful, respectful relationships where they are treated as equals.

## **RECOGNISE**

Acknowledge what's happening and recognise their feelings and fears, without adding more. Offer up the facts and share information about the consequences, in all their forms.



## **UNDERSTAND**

Demonstrate empathy and show you're trying to understand by truly listening to their experiences. Give them space to talk freely with no judgement or instruction.

## **EMPOWER**

Help young people understand their own capabilities. Offer up suggestions or prompts for them to question things and reinforce positive behaviors.

## **Ideas for use:**

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### **Idea 1:**

As a group discussion prompt – simply select one of the question cards at random and use as a prompt for discussion. This could be great for sessions with small groups of young people (e.g. fewer than 10) or limited time (e.g. 10 mins). This could work well as a short, simple exercise to warm-up a group, or a way to end a session.

### **Idea 2:**

Use the cards as prompts to help you start one-to-one conversations with young people who may need extra time, listening and encouragement to talk about their views and concerns about staying safe.



# **How are you?**

Do you feel okay –  
do you feel safe?



**What do you  
think causes  
conflict or  
violence  
between  
young people?**





**What influences  
how you feel –  
what do you  
see and hear?**

How does this change  
the way you feel and  
the way you behave?





# **Where do you go that feels safe?**

Do you have particular  
places, and why?







**What would you  
do if you were  
concerned for a  
friend's safety?**





**How do you stay  
safe and avoid  
conflict online?**





**You make your  
own choices.  
So, what are  
your best ways  
to avoid conflict  
or to de-escalate  
a situation?**





**Who are the  
trusted adults  
around you that  
will give you  
good advice on  
staying safe and  
out of trouble?**

