



#talkaboutit

Conversations for Families with Kids

Guidelines

Thank you for participating in HopeWay's community awareness campaign, #talkaboutit. We hope this initiative will inspire open conversations about mental health and wellness, with the assumption that making connections with others in this way will spread hope among friends, families, and colleagues. We encourage small organic groups ranging from two to ten people to gather in person or virtually for these discussions. Some small group examples are supper or book clubs, women's or men's groups, or departments within a corporation. Below are some guidelines for having healthy conversations about what can be sensitive and personal topics.

- **Listen:** Let each person finish their sentences and complete thoughts without interrupting – only one person should be talking at a time.
- **Avoid being judgmental:** This should be a safe place to share experiences and emotions.
- **Take everyone seriously:** Steer away from any language that may minimize or dismiss how a person is feeling, such as, "You were just having a bad month" or "Everyone goes through that."
- **Confidential:** What is discussed and disclosed during the conversation should stay within the group.
- For this particular kit, a set of emotions flash cards is included. We recommend having these cards visible during the conversation. Younger children may have trouble identifying a specific emotion or feeling, so the cards can be used as a reference.
- We encourage groups to start with the first question, but if you feel like a different question might be more relatable for participants, then start with that question.
- It is ok if your group does not make it through all the questions or chooses to skip some questions - the goal is to have an open conversation.

At the conclusion of the conversation, we encourage you to print the **#talkaboutit** sign included in the materials. Please initial the sign to acknowledge the important conversation. Then snap a photo!

Post #talkaboutit

We believe that hope is contagious, so help us spread the word by posting about your experience.

- 1) Post your photo to your social media channels within two to three days of your **#talkaboutit** conversation.
- 2) Make sure to include your initialed sign.
- 3) Please include **#talkaboutit**, **#hopetalks** and tag **@hopewayclt** so we can all be connected!
- 4) On World Mental Health Day, Saturday, October 10th, 2020 post the **#talkaboutit** image (with above tags and hashtags) provided by the HopeWay team the week before, as a way to send a strong message about the importance of talking about mental health.



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1. Everyone name 5 emotions/feelings.
2. Which emotions do you experience most often?
3. When you are having big feelings or negative emotions (like sadness, frustration or anger), what do you do to make yourself feel better?
4. Who can you talk to when you are feeling down?
5. What can you do or have you done when you see a friend that is sad?
6. What are some things that make you feel happy?
7. What does our family currently do to check-in on each other's mental health?
8. What can we start doing as a family to support each other's mental health?
9. Name three things that bring you joy.
10. Name three things you like about yourself.

angry



happy



anxious



bored



confident



disappointed



frightened



guilty



hurt



interested



jealous



sad



satisfied



surprised



thoughtful



worried



curious



excited



confused



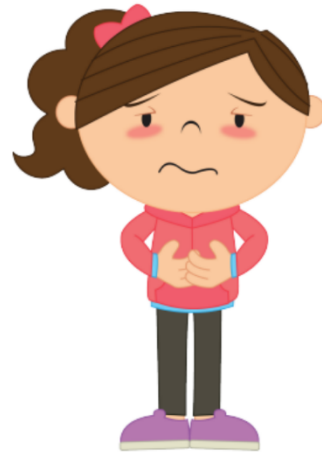
calm



disgusted



sick



silly



love



embarrassed



tired



#talkaboutit



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