GLOBAL BOYHOOD INITIATIVE

CONVERSATION STARTERS FOR KIDS

@BoyhoodInitiative
The Global Boyhood Initiative is about guiding boys to:

- Share emotions in healthy ways
- Accept & connect with others
- Stand up & speak out against bullying & inequality
- Break free from stereotypes
HOW TO USE THIS DECK

Getting kids to open up to us isn’t always easy. We hope these Conversation Starters help.

We encourage you to bring an open mind to using the questions in this deck.

These cards can be used together with other Global Boyhood Campaign tools and content, or they can be used on their own.

Be sure to tell us @BoyhoodInitiative or #Braveryls on Instagram how things went! And if you want to play live, search the @BoyhoodInitiative filter in Stories or Reels.

Just know: It’s totally okay if there are awkward moments, or long stretches of silence.
The Global Boyhood Initiative is a project of Promundo and the Kering Foundation, in partnership with Plan International. We equip adults with tools and resources to raise, teach and coach boys to be their wonderful, complex, healthy emotional selves. Find out more and get involved at BoyhoodInitiative.org
CONVERSATION STARTERS FOR 7 TO 9-YEAR-OLDS
PARENT TIPS

Your 7-9 year old is learning how to identify and regulate multiple, simultaneous emotions, cope and problem-solve, and understand the connection between physical expression and emotions. With these questions, you can start conversations aiming to help your child to understand the cause of their emotions and the emotions of others, learn how to process multiple feelings at once, and better communicate, deepen, and improve their relationships with friends and family.
HOW TO KEEP KIDS TALKING

• Put your phone away, so you can give your full attention

• Create space for kids to express their emotions by reaffirming the conversation is confidential

• Take them seriously: how them you believe and value what they are sharing

• Show that you’re listening (nod, repeat what you hear, ask clarifying questions)

• Be aware of your actions and facial expressions

• Stay open-minded; don’t assume you know how they will respond

• Ask follow-up questions:
  “Tell me more about that.”
  “What did you do when that happened?”

• Allow uncomfortable silences; try counting to 10 before breaking the silence

• Encourage them to make connections to broader social justice issues and to the world around them
SHARE EMOTIONS IN HEALTHY WAYS
What emotions are you feeling today?

What colors would they be?

What made you think of those colors?
What makes you feel mad? Scared?

How does your body feel when you’re mad? Scared?

How do you calm down?

SHARE EMOTIONS IN HEALTHY WAYS
Do you ever feel nervous to ask for help?

Who do you go to when you need help?

What qualities does that person have?
ACCEPT AND CONNECT WITH OTHERS
How do you make new friends?
What can you do if your friend or sibling is being mean or doing something that makes you feel sad?
Who is your best friend? Why?

What do you like most about spending time with your friends?
STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY
Have you ever seen someone being mean or bullying another person?

How did it make you feel?

What can we do to help?

STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY
Have you ever been mean to someone?

How do you think that made them feel?

How did it make you feel?

What might you do differently next time?

STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY
What do you think it means to be brave?

Have you ever had to be brave?

What helps you feel brave?

STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY
BREAK FREE FROM STEREOTYPES
How does it make you feel when you see someone crying?

How do you respond – or could you respond – when someone cries?

Does your response change if the person crying is a girl? A boy?

Can you tell me more about that?

BREAK FREE FROM STEREOTYPES
Can you tell me about someone who is different from you?

What makes them different?

What do you appreciate about them?

BREAK FREE FROM STEREOTYPES
What do you want to be when you grow up?

What would you say to someone who feels like they can’t be what they want to be?