

Let's Talk: Family Conversation Starters

Legend:



Adults ask Children/Youth



Children/Youth ask Adults



For Everyone

Let's Talk cards were created in response to requests from teens who wanted a framework to talk to their parents about important topics. Not just about relationships and school, but about what's going on in the world around them.

Let's Talk cards are composed to be open-ended, without a simple yes or no answer, to create a time of storytelling. Sometimes parents and grandparents feel they must always have answers for children, but that's not true. A story that includes your feelings will connect you to your children much more than having a concrete answer. Talking about ways we've been treated unfairly and even treated others unfairly can be emotionally challenging. Spend time thinking about stories you want your children and youth to hear about your experiences and what you have learned from them as your awareness of the human family has evolved. Focus on ways to use these stories to support your children to promote equality and security for themselves and the youth in their communities and to lift their voices from a young age.

All of these questions are designed to bring families together. Be prepared for answers that surprise, delight and even startle you. For instance, if your teen says they don't think you ever listen to them, take a breath and ask how they think you could be better at talking and listening to each other. If your youth is playing music with references to violence, don't just make them turn it off. Ask open-ended questions about what they like about that music, how it makes them feel and share why it concerns you, without judgment.

Instructions:

For durability, print the document on cardstock if possible. Cut the cards on the horizontal dotted lines and place them in a jar or basket on a table. There are specific questions for adults to ask children/youth, children/youth to ask adults and questions for everyone to ask and answer. Share the bible verse or psalm for each category to begin the conversation.

Let's Talk Cards can be used over several weeks at mealtime, as a family road trip resource, table talk cards for intergenerational formation sessions or printed and mailed to families in your congregation. There are also blank cards for you to add a conversation starter that is meaningful to your family or community. The possibilities are endless!

We hope you enjoy the conversations!
Episcopal Relief & Development

Women are Created in the Image of God



Adults ask Children/Youth

What are you good at? Do you know any boys/girls who are good at that, too? Should girls be allowed to try all the same things as boys? Should boys be allowed to try all the same things as girls?



Children/Youth ask Adults

When you were growing up, how were girls and boys treated the same? How were they treated differently? Did you feel like you had to act a certain way because of your [assigned] gender?



For Everyone

Being a boy or a girl isn't just one thing or another. How do we each describe ourselves, without using gendered terms (like boy, girl, man, woman)?

So God created humankind in his image, in the image of God he created them; male and female he created them.
(Genesis 1:27)

Women and Motherhood



Adults ask Children/Youth

What do mothers need to help their children grow strong and healthy? What do we have that mothers in other parts of the world might not have?

(Consider watching chapters from the film [Girl Rising](#), which is free on YouTube. Parents should screen each chapter first for age appropriateness.)

<https://youtu.be/2tT8dUPKO-0?si=9wm92vla-WFVChYT>



Children/Youth ask Adults

What do you love about being a parent? What is hard about parenting because you are a woman, a man or a non-binary person?



For Everyone

How do we think mothers' lives might be different from each other, depending on society and culture, on education and access to resources like good jobs and medical care? Let's spend some time exploring the stories of [mothers around the world](#).

<https://edition.cnn.com/interactive/2017/05/world/portrait-of-motherhood/>

*My child, give me your heart,
and let your eyes observe my ways.*
(Proverbs 23:26)

Equal Opportunity for Women and Girls



Adults ask Children/Youth

Who do you think makes the best decisions in our family about rules? What about decisions about how we spend our time? What about decisions about how we spend our money?



Children/Youth ask Adults

How do you decide on the rules for our family? How do you make other big decisions, like where we live and go to school? How do you decide how to spend money in our family?



For Everyone

What kinds of decisions should we all make together as a family? What kinds of decisions should parents make? What kind of decisions should kids make?

*My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
for he has looked with favor on the lowliness of his servant.*
(Luke 1:46-48)

Creating Economic Stability for Women and Communities



Adults ask Children/Youth

Did you know that in America men usually get paid more than women to do the same work? Why do you think that might be?



Children/Youth ask Adults

Have you ever felt like you were treated differently than you would if you were a man, woman or non-binary person? Tell us about it.



For Everyone

Why do we think it's important for everyone to earn fair payment for their work? How would our community be different if everyone earned enough to take care of themselves and their families?

What woman having ten silver coins, if she loses one of them, does not light a lamp, sweep the house, and search carefully until she has found it? When she has found it, she calls together her friends and neighbors, saying, "Rejoice with me, for I have found the coin that I had lost."
(Luke 15:8-9)



Creating Women Leaders



Adults ask Children/Youth

What adults have meant the most to your life so far? What leaders in your school, our community, our nation and the world do you admire?



Children/Youth ask Adults

Tell us about women from our family, from your childhood or current life, in history or even in fiction who have had an impact on you.



For Everyone

Who are the women leaders our family admires? Why does it matter to hold up women in leadership positions, around the world, if we're all made in God's image?

At that time Deborah, a prophet...was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites came up to her for judgment. (Judges 4:4-5)



Lifting Women's Voices



Adults ask Children/Youth

What are the words that you think describe you the best? What are the most important ways you want to be seen and treated? How are they related, or not related, to your gender identity?



Children/Youth ask Adults

What do you think your gender identity brings to your roles in life? How does being a woman/man/non-binary help you do what you do? Where are the challenges?



For Everyone

Let's imagine together, what would our home/your school/our community/our nation be like if only men could be leaders? What about if only women were in charge?

Wisdom cries out in the street, in the squares she raises her voice.
(Proverbs 1:20)



Ending Violence Against Women



Adults ask Children/Youth

Are there jobs, sports or activities that you think are just for boys or just for girls? Let's explore why we think that, or, if we don't, let's explore why anyone would think that and how we can help.



Children/Youth ask Adults

Have you ever experienced a man talking over a woman or claiming her idea as his own? What did you do, and would you handle it differently if you could go back?



For Everyone

How can our family work to support women and girls in our home, our community and in the world?

I commend to you our sister Phoebe, a deacon of the church...help her in whatever she may require from you, for she has been a benefactor of many and of myself as well. (Romans 16:1-2)

My Family—Conversation Starter



Adults ask Children/Youth



Children/Youth ask Adults



For Everyone

My Family—Conversation Starter



Adults ask Children/Youth



Children/Youth ask Adults



For Everyone