



Growing Up
STRONG

40 DEVELOPMENTAL ASSETS

SHELTERING WINGS
+

Conversation
starters to keep
family
communication
strong!

Dear Family,

It is the hope of Sheltering Wings that these cards will help spur conversations with the children in your family or young people in your life. The goal is keeping communication strong and growing connections.

What is your favorite tradition
that our/your family has?



What do you think is important for adults to know about being a young person today?



Do you have friends whose
parents are "cool"?
What makes them "cool"?



If you could pick one thing to
make our/your neighborhood
better, what would it be?



What do you love most about your school? What would you change about your school?



What is the best way I can help
you succeed at school?



How do you feel about what
you see and hear in the news
and social media?



What is one thing you would change or keep the same about our community?



Would you ever want to
volunteer with a community
organization? If so, what would
you want to do?



Who do you feel comfortable going to at school if there is an emergency or something has happened?



If you could get rid of one rule you have at home, what would it be and why? What do you think would happen if you didn't have this rule?



How do the teachers and
students treat each other at
your school?



How do you feel when someone in your neighborhood tells you to stop doing something you shouldn't be doing?



Do you feel comfortable talking to adults? If not, what makes you feel uncomfortable?



Has there ever been a time when you positively influenced a friend? How did that make you feel?



Have you ever tried to do something that felt impossible? How did that make you feel?



What is your favorite type of music genre? Have you ever thought about playing an instrument?



If you could start a club of your own, what club would it be? How would you start it?



How do you see your faith or religious values influence the other parts of your life, like school, friends, and family?



What is your favorite family activity to do at home?



If your school awarded a letter of recognition for participating or excelling in any subject or activity, what would yours be? Why?



What would help you be more
successful at school?



How do you think homework helps students learn? What helps you do your homework more easily?



Who has been your favorite teacher or adult at school since you started? Why are they your favorite?



What is the best book you
have ever read? Would you
read it again or recommend
it to a friend?



What is the best way to show
someone you care
about them?



Have you ever seen anyone
being mistreated because of
who they are or because of
something they didn't have?
How did you respond?



Do you know what integrity means?

It simply means doing the right thing even when no one is watching. Is there a time you had to act with integrity?

Was it difficult?



Do you think it is ever okay to tell a lie? What if it is something small, or it will protect someone else?



If you could give me one chore to do around the house for a week, what would it be? What if that chore was yours for a week? Would you pick differently?



Have you ever felt pressure
from your friends to do
something you didn't want
to do?



How do you make a decision
when it is really hard? What
helps you decide?



Have you ever tried to imagine
what it might be like to "walk in
someone else's shoes"?
If so, how do you think
it might feel?



Is there another culture you
would like to know more about?
What do you find interesting
about that culture?



Can you think of three ways to
say no without saying "no"?
(i.e. walk away, not right now)



Have you ever had an argument with someone that you wish you had handled differently? What will you do differently next time?



What is one thing I can teach you that will be helpful once you are an adult?



What do you like best
about yourself?



If you lived to be 100 years old,
what would you want people to
remember about you?



What is one goal you can set for yourself this year? What will you need to achieve it?



To learn more about building a strong foundation for the young people in your life, visit ShelteringWings.org.

Scan to
learn
more!



24/7 Helpline: 317-745-1496



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