

RULES OF COMMUNICATION

1. Make your communication positive.
2. Be clear and specific.
3. Recognize that each individual sees things from a different point of view.
4. Be open and honest about your feelings.
5. Accept your youth's feelings and try to understand them.
6. Be supportive and accepting.
7. Do not preach or lecture.
8. Learn to listen.
9. Maintain eye contact.
10. Allow time for your youth to talk without interruption; show you are interested in what he or she has to say.
11. Get feedback to be sure you are understood.
12. Listen for a feeling tone as well as for words.
13. Ask questions when you do not understand.
14. Set examples rather than giving advice.

Conversation Generators

1. If you could take lessons in anything, what would you learn?
2. How do you feel when someone pushes you to do your best?
3. If you could change lives with someone, who would it be? Why?
4. If you have to choose between doing activities inside or doing activities outside, which do you do? Do you think you have a balance?
5. What's the biggest way someone has made a positive difference in your life?
6. What are five words people would use to describe you? What words would you use?
7. When people first meet you, whom do you think they see? What do you wish they would see in you?
8. Who makes a better role model: someone famous or someone not famous? What are your reasons for thinking this?
9. Was there ever a time at school when you feared for your own safety? What was the situation, and what did you do?
10. What's the one thing that worries you the most about your future?
11. What was your first memory as a little child?
12. Who are the three people in your life you know you can always count on? Why did you choose them?
13. Do you believe there is too much pressure on kids today?
14. How widespread is cheating in schools today? What makes kids resist cheating?
15. What's the best story you've ever heard about someone overcoming an obstacle?
16. What is your favorite family tradition?
17. Which has more impact: giving money to charities or giving time to charities?
18. People say that writing down a goal is a powerful step toward making it happen. Do you think that is true? What goals would you write down?
19. What messages do you get about sex and alcohol or other drugs from TV programs, movies, and video games? What messages do you get from friends, teachers, and parents?
20. Are any parents of your friends "cool"? What makes a parent "cool" ?
21. If someone told you that you could start a new club or program at school, what would it be?
22. Think about the neighborhoods where your friends live. Is there one you would move to if you could? Why would it be better?
23. What slang expressions are popular at school? How do you use each one?
24. Have you ever seen someone bullying someone else? Did you step in or not?

25. What is your favorite place to study? What do you like about it? Of all your classes this term, which one will help you most in the real world?
26. Do you think there is more good or evil in the world? What makes you believe that?
27. What was the nicest compliment you ever received from an adult?
28. For more conversation starters go to:

<http://www.search-institute.org/conversation-generator>