



New Generation, New Conversation

Many Generations, One Conversation Discussion Questions and Mental Health Takeaways

Discussion Questions:

1. Do you feel comfortable talking to your relatives about mental health?
2. What are some ways you could talk to your relatives about mental health?
3. What are some generational differences in perspective regarding mental health?
4. What can you learn from your relatives about mental health and what can they learn from you?
5. What do you consider good qualities in a conversation with your family?
6. Why do boys and young men have a harder time talking about mental health?
7. How can you and your relatives create a safe space for you?
8. Are there others outside your family who can help create a safe space for you to talk about mental health?

Mental Health Takeaways

1. Often times, mental health is not openly discussed with men and boys.
2. There are different perspectives on mental health due to generational differences; some are more accepting than others.
3. It is important to be open and honest with those you trust, including your family.
4. If you as a young person feels that something is wrong, it is important to reach out to someone.
5. The conversation surrounding mental health is relatively new so don't be afraid to start that conversation with your relatives.

[SafeSpace](#) is a local teen-led organization that empowers young people to engage with their local schools and communities by creating and implementing initiatives to change the conversation around mental health by empowering peers to speak out, share with others and seek help when needed. Our SafeSpace Youth Action Board (SYAB) is comprised of young people from many local high/ middle schools who partner with their school faculty and community leaders to open the conversations around mental health. For more information, refer to our [SafeSpace website](#), [SafeSpace Instagram](#) and [SafeSpace Facebook](#)