



New Generation, New Conversation

Seen, Heard and Understood
Discussion Questions and Mental Health Takeaways

Discussion Questions:

1. Who is an adult you could talk to in your community?
2. Do you know where your resources are at your school?
3. How would you reach out to an adult in your community?
4. What is the best way for adults to support you?
5. Have you had mentors in the past? How have they helped you?
6. What do you consider good qualities of a mentor?
7. How can your mentors create a safe space for their mentees?
8. What does a healthy relationship with a mentor look like?
9. How can friends support you in addition to mentors?
10. How can you show your mentors you appreciate them?

Takeaways:

1. Adults in your community care about you and want to be there for you
2. Don't be afraid to reach out; It will benefit you
3. You never know who can support you until you reach out

Reflections:

List 3 adults you would feel comfortable talking with if you needed to (about your wellbeing, something that's been bothering you/that you are struggling with)

If you need/want to reach out to an adult/teacher/religious figure/coach/etc how do you do that?

- set up a meeting, email them, text them, go up to them in person
- "Something's been bothering me lately
- "Lately I've been struggling with..."
- I haven't been feeling like myself lately. I have been pretty sad/stressed/off
- I've been feeling sad/stressed/off/not myself
- I'm wondering if you can help me with something. Lately, I've just been kind of off/dealing with some hard stuff and I kinda need someone to talk to about this stuff, and I trust you to keep this between us and to be honest and helpful.

