

## REALTALK DISCUSSION QUESTIONS

### Character

Life skill: Making thoughtful choices

#### MOVING

**In what ways will things be better in your new location?**

#### MAKING FRIENDS

**What personal qualities make you a good friend to others?**

#### HOMEWORK

**What keeps you focused to get homework done properly?**

#### BULLYING

**How is cyber-bullying different from being bullied in person?**

#### DEPLOYMENT

**What is one positive thing you can do for your deployed loved one?**

#### FEAR

**When you're afraid, how do you make yourself feel better?**

#### REINTEGRATION

**What's the first thing you want to do when your loved one returns from deployment?**

#### HEALTHY BODY

**How does being healthy positively or negatively affect your life?**

#### DIVORCE

**How will you balance your time with both of your parents and also your friends?**

#### GRIEF

**A Chinese proverb says, "You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair." What does this mean to you?**



## REALTALK DISCUSSION QUESTIONS

### Competence

Life skill: Building proficiency

#### MOVING

**What most excites you about the upcoming move?**

#### MAKING FRIENDS

**How can you be a friend to someone?**

#### HOMEWORK

**How can you accomplish homework and chores, but still have time for what you like to do on your own?**

#### BULLYING

**What can be done to reduce the power a bully has over you?**

#### DEPLOYMENT

**What strategies can you implement to cope with fear when your loved one is deployed?**

#### FEAR

**What situations or events frighten you?**

#### REINTEGRATION

**Your deployed loved one is returning home! How do you envision the reunion?**

#### HEALTHY BODY

**Why is it important to stay physically healthy?**

#### DIVORCE

**How will your parents' divorce change your life?**

#### GRIEF

**What does grief mean to you?**



## REALTALK DISCUSSION QUESTIONS

### Confidence

Life skill: Gaining self-assurance

#### MOVING

**What are the pros and cons of moving to a new location?**

#### MAKING FRIENDS

**It's been said, "To have a good friend, you have to be a good friend."  
What does this mean to you?**

#### HOMEWORK

**What strategies have you used to stay organized and keep on top of homework assignments and tasks?**

#### BULLYING

**When was a time you said something you wish you could take back?  
Why would you like to take back the statement?**

#### DEPLOYMENT

**In what ways can you express your feelings to your deployed loved one?**

#### FEAR

**What can you do when you're fearful?**

#### REINTEGRATION

**What makes you anxious about your loved one returning from deployment?**

#### HEALTHY BODY

**Why does being physically healthy make you feel good?**

#### DIVORCE

**What needs to happen for you to feel comfortable living in two different homes?**

#### GRIEF

**What helps you through your grief?**



# REALTALK DISCUSSION QUESTIONS

## Connection

Life skill: Forming relationships

### MOVING

**Which individuals can you comfortably talk to about your concerns with moving?**

### MAKING FRIENDS

**How can sincere compliments help you create or continue friendships?**

### HOMEWORK

**When was a time you had trouble with your homework? Did you seek help?**

### BULLYING

**What are two ways a bystander can help prevent or stop bullying?**

### DEPLOYMENT

**How can you feel connected to your loved one during deployment?**

### FEAR

**What suggestions would you offer to help someone cope with fear?**

### REINTEGRATION

**Your loved one recently returned from deployment. How will you reconnect with them?**

### HEALTHY BODY

**How can physical activity with a friend help motivate and keep you going?**

### DIVORCE

**What are some activities you can engage in with your parents?**

### GRIEF

**Who do you talk to when you experience loss? Why?**



## REALTALK DISCUSSION QUESTIONS

### Contribution

Life skill: Helping others and making a difference

#### MOVING

**If you could plan a moving party, what things or activities would you include?**

#### MAKING FRIENDS

**Do you believe teamwork can help to create or foster friendships?**

#### HOMEWORK

**What suggestions can you offer to help other students be more organized?**

#### BULLYING

**What would you do if you learned a friend was being bullied?**

#### DEPLOYMENT

**What are some ways you can help or have helped a friend who has a deployed loved one?**

#### FEAR

**Everyone experiences fear. In what ways can you support someone in overcoming their fear?**

#### REINTEGRATION

**Think about activities you participate in. How can you share those activities when your loved one returns?**

#### HEALTHY BODY

**What are some ways you can help someone stay healthy?**

#### DIVORCE

**How can you support a friend who tells you their parents are getting divorced?**

#### GRIEF

**How can you support a friend who has suffered a loss?**



## REALTALK DISCUSSION QUESTIONS

### Control

Life skill: Acting responsibly

#### MOVING

**Think about moving as a positive experience. What new things are you looking forward to?**

#### MAKING FRIENDS

**How will you use your personal qualities to make friends at the new school and in the future?**

#### HOMEWORK

**What are two ways to get help when you're having trouble with homework?**

#### BULLYING

**How can you improve the situation the next time someone says something mean or false about you?**

#### DEPLOYMENT

**Who in your life can help you cope with deployment? How can they help?**

#### FEAR

**What is something you were afraid of when you were younger, but no longer fear?**

#### REINTEGRATION

**What additional responsibilities have you assumed since your loved one deployed?**

#### HEALTHY BODY

**Beginning today, what is one thing you can do to become healthier?**

#### DIVORCE

**What would you tell your parents if they asked you to be honest about their divorce?**

#### GRIEF

**What loss have you experienced in your life? How did you react?  
What did you do to feel better?**



# REALTALK DISCUSSION QUESTIONS

## Coping

Life skill: Handling difficulties

### MOVING

**What can you do at your new location to quickly connect with peers?**

### MAKING FRIENDS

**When was a time you were part of a team that accomplished something positive?**

### HOMEWORK

**How do stress reduction techniques help with getting homework done?**

### BULLYING

**What can you do if a bully targets you?**

### DEPLOYMENT

**How can you stay connected to your loved one during deployment?**

### FEAR

**What is a fear you'd like to overcome? How can you overcome that fear?**

### REINTEGRATION

**How will you handle family responsibilities when your deployed loved one returns?**

### HEALTHY BODY

**What contributes to healthy living?**

### DIVORCE

**What has been the most difficult part of your parents' divorce?**

### GRIEF

**What are some helpful strategies to cope with feelings of loss?**

