

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?**

