

REALTALK DISCUSSION QUESTIONS (RDQs)

Directions:

➤ Select one of the 7 C's and use the questions to facilitate a REALTALK group.

Note: Special person refers to a parent or another important person in the youth's life who is leaving or is currently deployed.

Note: Deployment may refer to any person who is away from the home for a long period of time.

COMPETENCE

Who do you talk to for emotional support when your special person is deployed? How does talking to someone help you work through the challenges?

CONFIDENCE

You are asked to record your significant accomplishments in a journal while your special person is deployed. Would you record the accomplishments in a written journal, photo journal, or a video journal? Why would you prefer this type of journal?

CONNECTION

Which clubs at your school or in the community would you recommend to another youth who has a special person deployed? How has one these organizations provided you emotional support?

CHARACTER

Give some examples of how you might provide support to your family while your special person is deployed? How would your efforts benefit the daily household needs of your family?

CONTRIBUTION

Describe a service project that would benefit youth who have a special person deployed? What people at the school or in the community would likely give you the most support to complete this project?

COPING

Unfortunately, you are unable to video chat with your special person on deployment. Give one or more examples of other ways you would try to communicate or reach out to them.

CONTROL

What tips or tricks would you recommend to a friend whose special person is on deployment for maintaining normal routines for attending school, completing assignments, and completing chores? Why are keeping similar routines important?

