

REALTALK DISCUSSION QUESTIONS (RDQs)

Directions:

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

COMPETENCE

When is the last time you read a book, read a blog, listened to a podcast, or watched a YouTube video to discover ways to improve your physical or emotional health? What were you hoping to improve about yourself on this quest for knowledge? Did your efforts pay off, and if so, in what way?

CONFIDENCE

What current qualities do you have that make you feel like you are physically well? What about emotionally well?

CONNECTION

What type of physical exercise do you enjoy doing with your friends or family members? In what ways does exercising together help you improve your relationship with your friends or family?

CHARACTER

What lifestyle changes do you want to make to improve your health? On a scale of 1-10, with 10 being very motivated, how motivated would you be to make these changes if you had to adjust your daily schedule or daily habits?

CONTRIBUTION

Have you ever supported or encouraged a friend who was trying to do something to make themselves physically healthier? What specific health goal was this friend trying to accomplish? In what ways did you support them so they might achieve their goal?

COPING

Who provides the greatest help to you when you need emotional support; someone closest to your age or an adult? In what ways could a larger group of youth or adults help you get the emotional support you need?

CONTROL

What are some habits you have, good or bad, which impact your health? How could you adjust your health goals to lessen a bad habit or improve a good habit?

