

REALTALK DISCUSSION QUESTIONS (RDQs)

Directions:

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

COMPETENCE

What relationship barriers would you encounter if you had several online friendships but very few face-to-face friendships? What ways could you foster more face-to-face friendships? Are there any benefits to one of these over the other?

CONFIDENCE

You met a teen who seems to have a lot in common with you. What steps would you take to build a strong friendship with them?

CONNECTION

How can being a part of an organization at school or in your community help you make friends? Give an example of an organization you belong to and explain how it has helped you develop friendships.

CHARACTER

How does giving or receiving compliments reflect your character? How do you feel when you give someone a sincere compliment? How do you feel when you receive a sincere compliment?

CONTRIBUTION

What acts of kindness have you done recently to show a friend that you genuinely care about them? How is your friendship affected if they do not show acts of kindness to you?

COPING

Think of a time that you had a problem with a friend. How did you try to solve the problem? Did you solve the problem? If you had to do it over again, would you do anything differently?

CONTROL

Suppose you recently made a new friend who shares many of your interests. However, this friend keeps asking you to skip class with them. What would you say or do to preserve your friendship when this is not something you would do?

