

Conversation Cards

These cards are designed to help teen girls open up through gentle, low-pressure conversations.

TALKING POINTS

Use them for individual counseling, small groups, mentoring, classroom check-ins, or meaningful conversations at home.

Choose a card, allow time to think, and use the talking points to keep the conversation going.

There are no right or wrong answers—just opportunities to connect, reflect, and feel heard.



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Thank you for respecting the time, creativity, and care that went into creating this resource!



**What's something
you wish adults
understood about
your life right now?**

1

TALKING POINTS

**What do you wish they would
stop saying?**

**What would make things
easier?**

**Have you ever tried telling
them?**



**When you're upset
at home, what do
you usually do?**

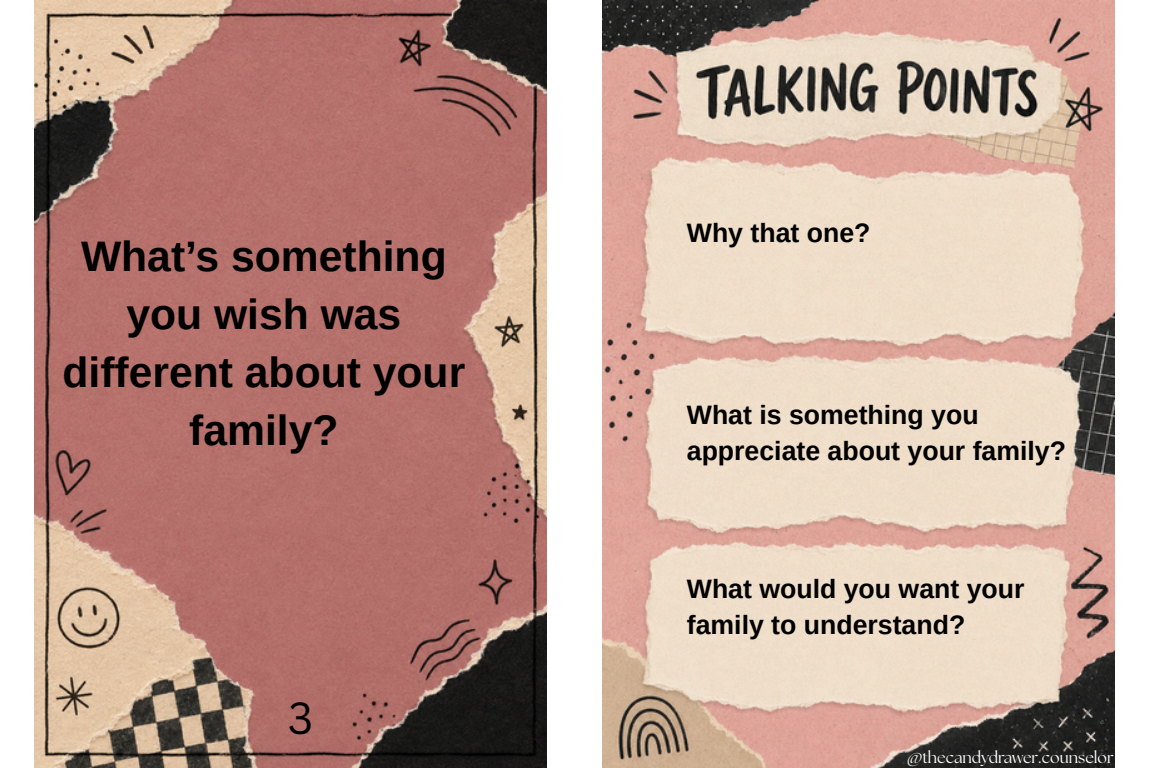
2

TALKING POINTS

Does it actually help?

**What do you wish happened
instead?**

**Who notices when you're
having a hard day?**



**What's something
you wish was
different about your
family?**

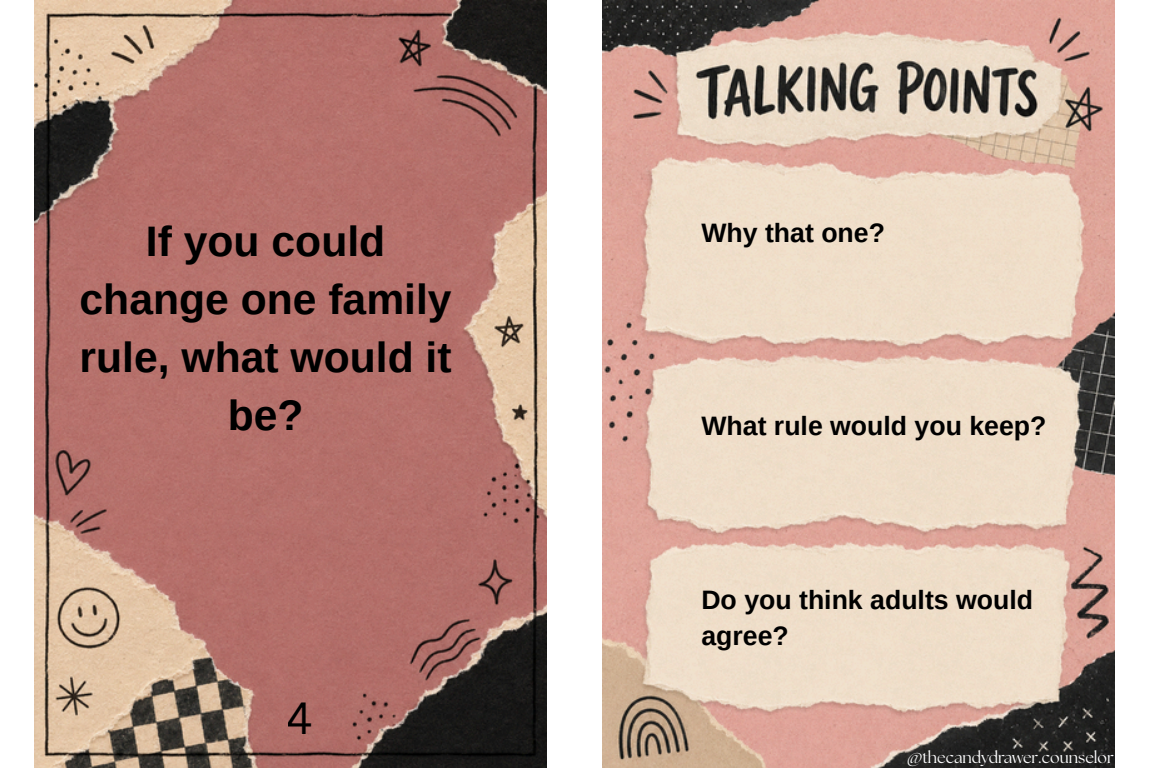
3

TALKING POINTS

Why that one?

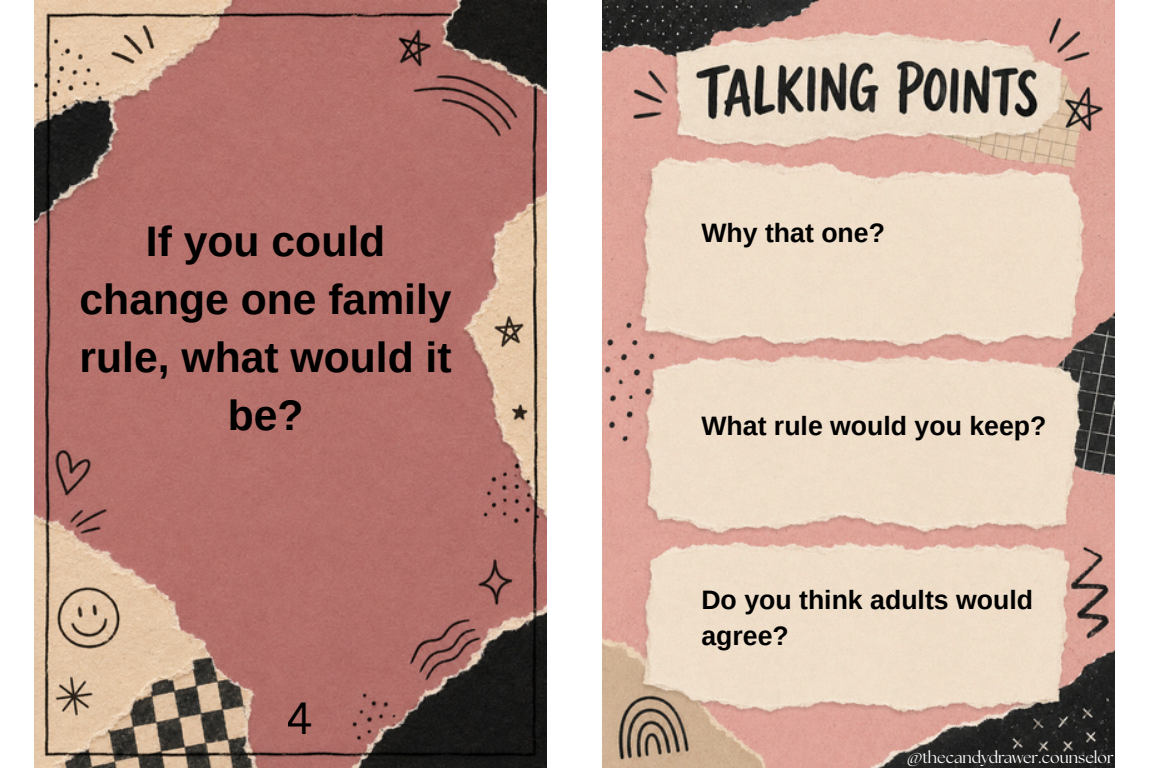
**What is something you
appreciate about your family?**

**What would you want your
family to understand?**



**If you could
change one family
rule, what would it
be?**

4

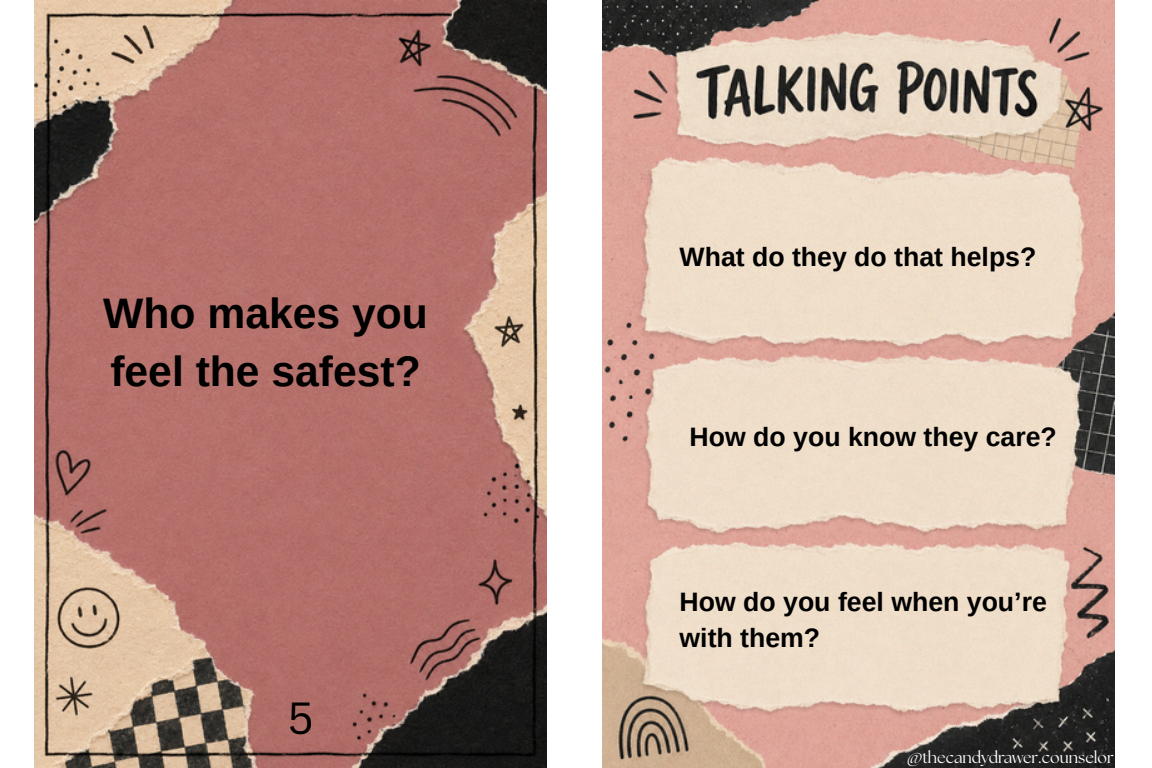


TALKING POINTS

Why that one?

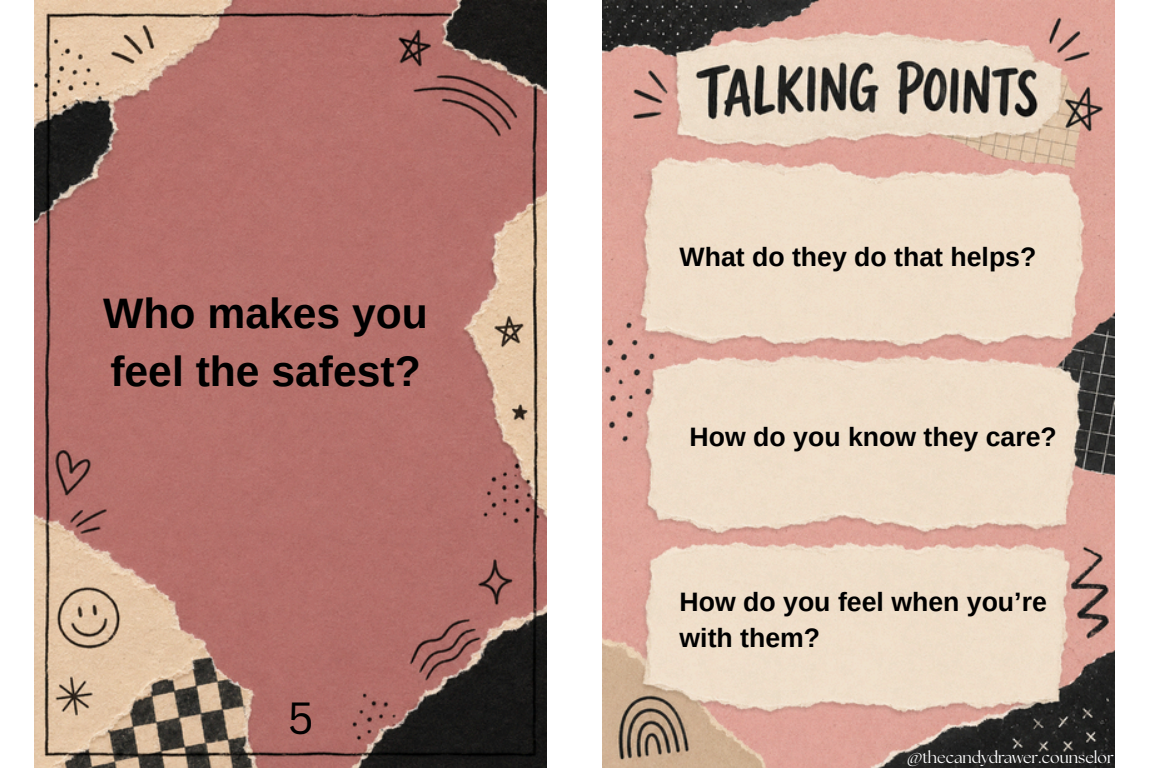
What rule would you keep?

**Do you think adults would
agree?**



**Who makes you
feel the safest?**

5



TALKING POINTS

What do they do that helps?

How do you know they care?

**How do you feel when you're
with them?**



**What's something
happening at home
that's been on your
mind lately?**

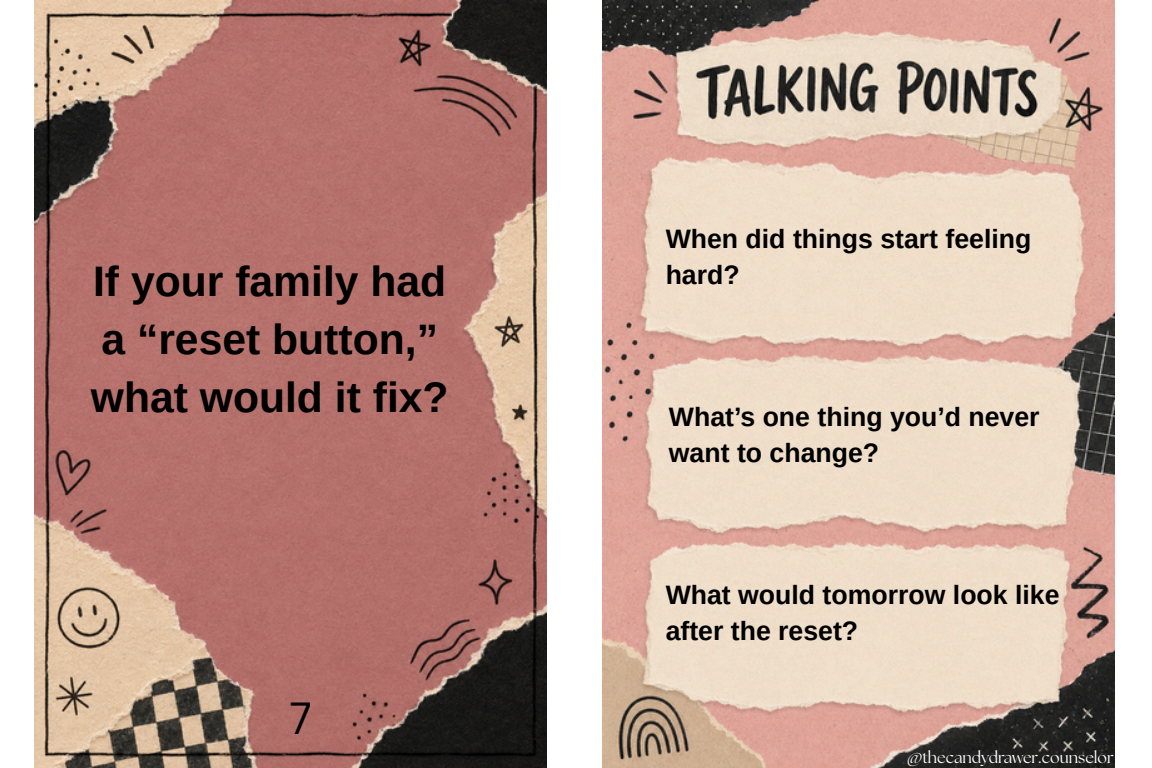
6

TALKING POINTS

**Have you talked to anyone
about it?**

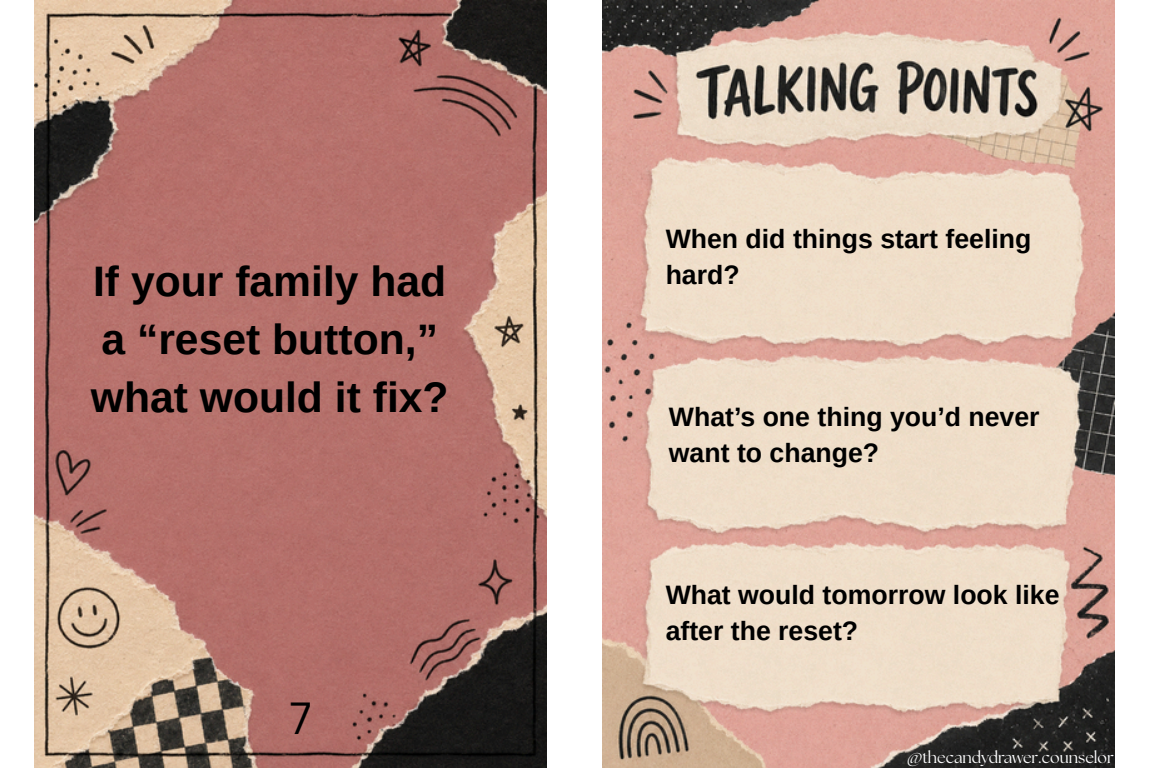
How has it affected you?

What would help?



**If your family had
a “reset button,”
what would it fix?**

7

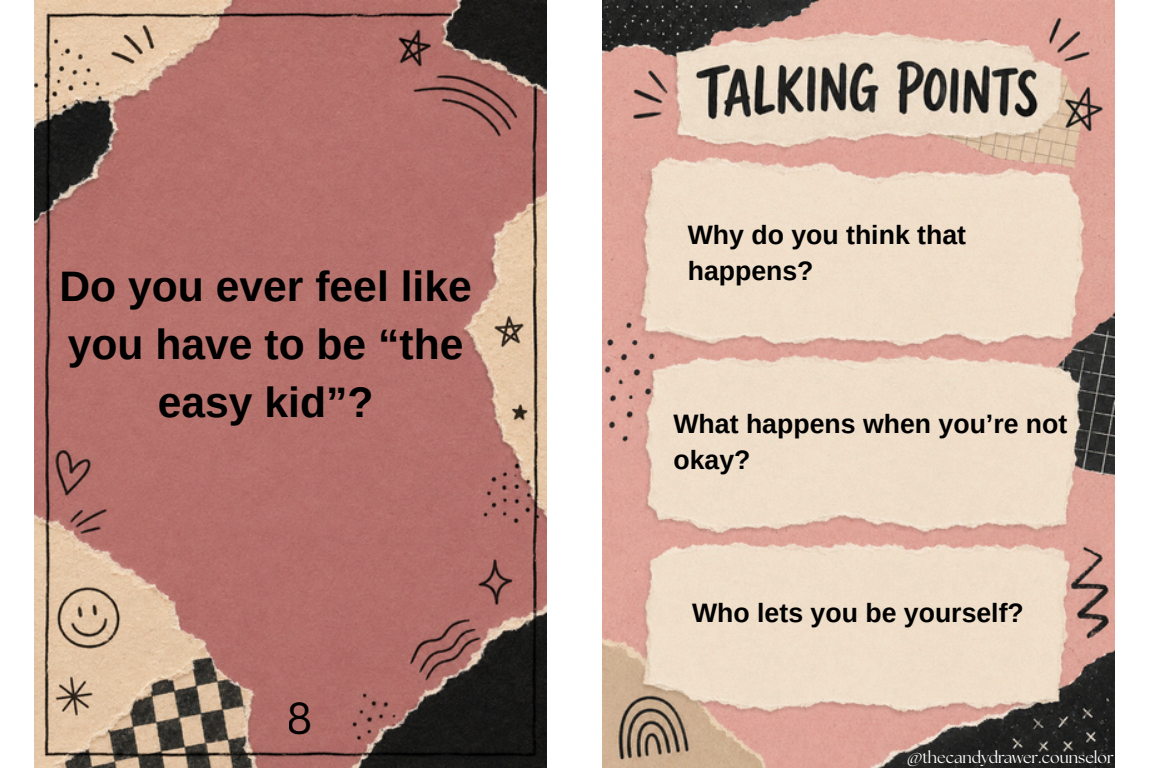


TALKING POINTS

**When did things start feeling
hard?**

**What's one thing you'd never
want to change?**

**What would tomorrow look like
after the reset?**



**Do you ever feel like
you have to be “the
easy kid”?**

8

TALKING POINTS

**Why do you think that
happens?**

**What happens when you're not
okay?**

Who lets you be yourself?



**What's something
you're proud of
yourself for?**

9

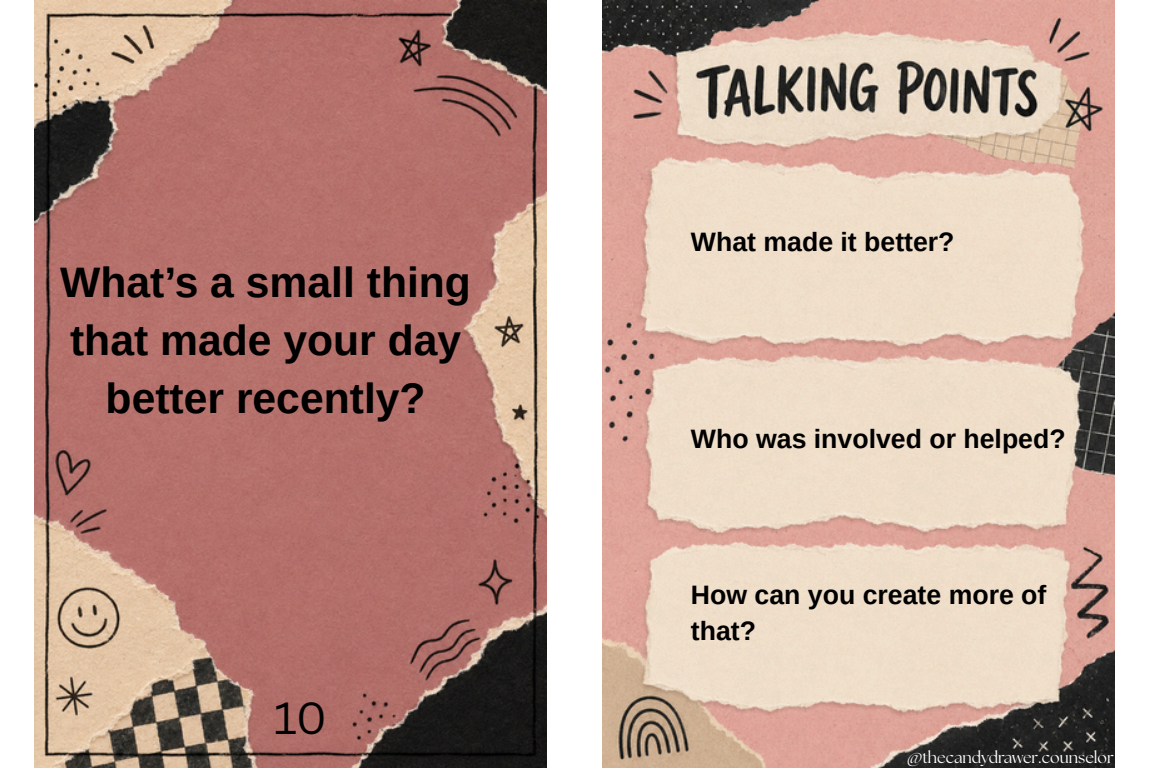


TALKING POINTS

How did you accomplish it?

Who helped or supported you?

What does this say about you?



**What's a small thing
that made your day
better recently?**

10

TALKING POINTS

What made it better?

Who was involved or helped?

**How can you create more of
that?**



**What's something
you like about
yourself that isn't
about how you
look?**

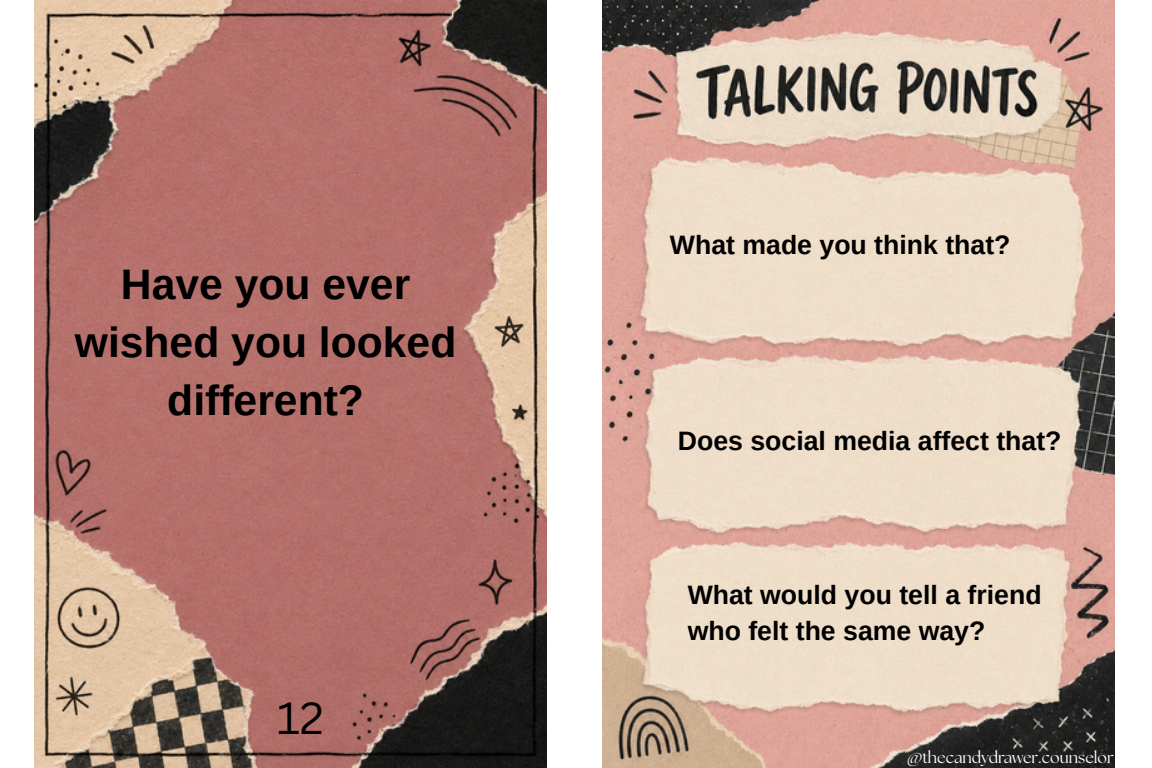
11

TALKING POINTS

Where did that strength come from?

When have you used it?

What makes you proud of it?



**Have you ever
wished you looked
different?**

12

TALKING POINTS

What made you think that?

Does social media affect that?

**What would you tell a friend
who felt the same way?**



**When do you feel
the most confident?**

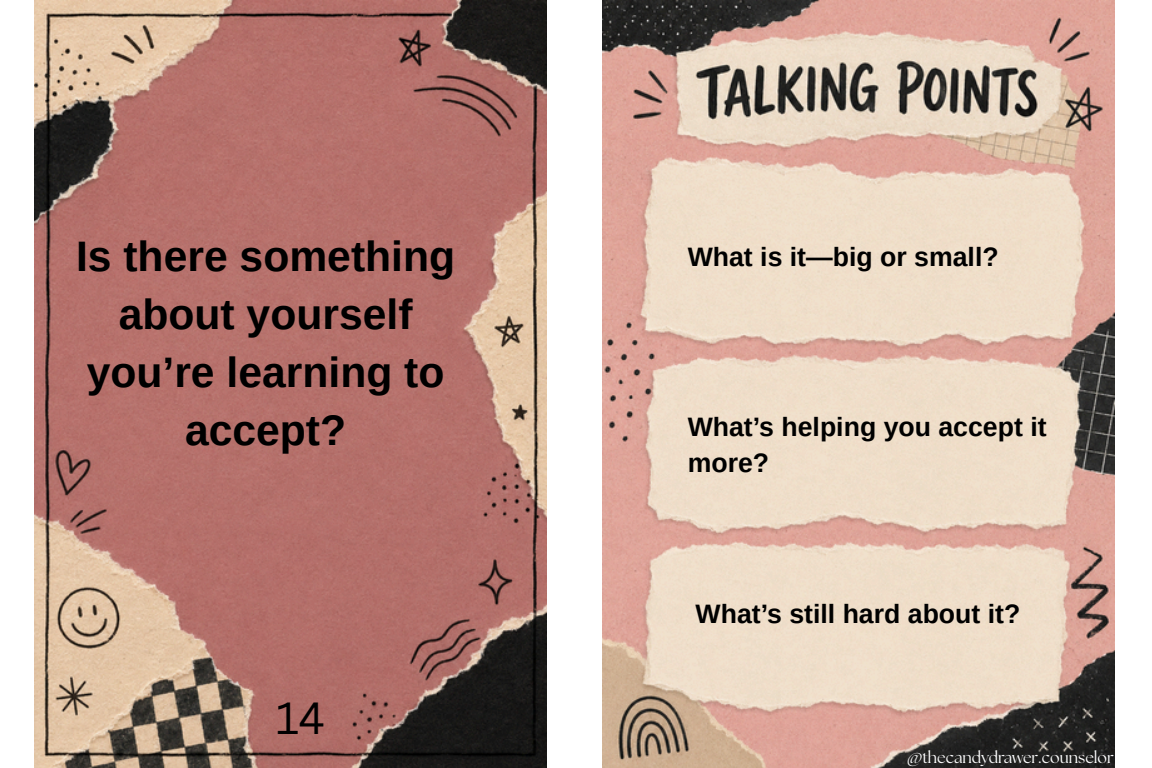
13

TALKING POINTS

**What are you doing when you
feel confident?**

**Who are you with when you
feel that way?**

**What makes that moment
different?**



**Is there something
about yourself
you're learning to
accept?**

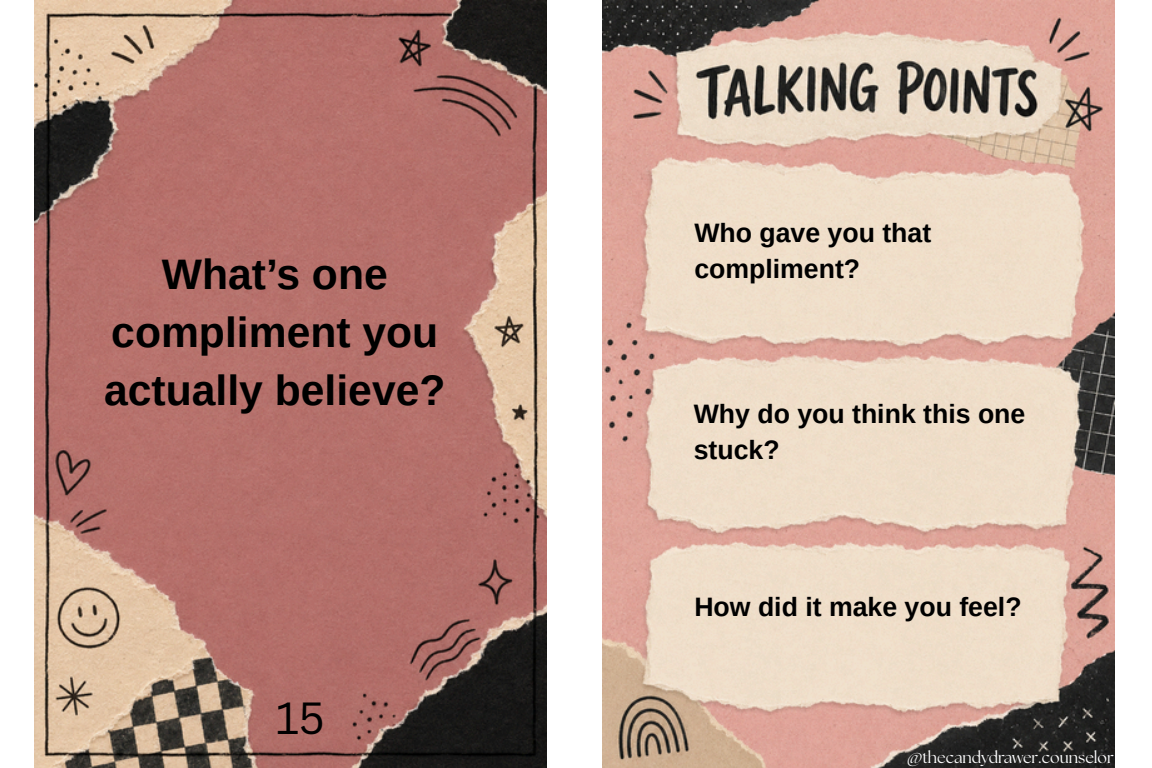
14

TALKING POINTS

What is it—big or small?

**What's helping you accept it
more?**

What's still hard about it?



**What's one
compliment you
actually believe?**

15

TALKING POINTS

**Who gave you that
compliment?**

**Why do you think this one
stuck?**

How did it make you feel?



What's your favorite thing about school?

16

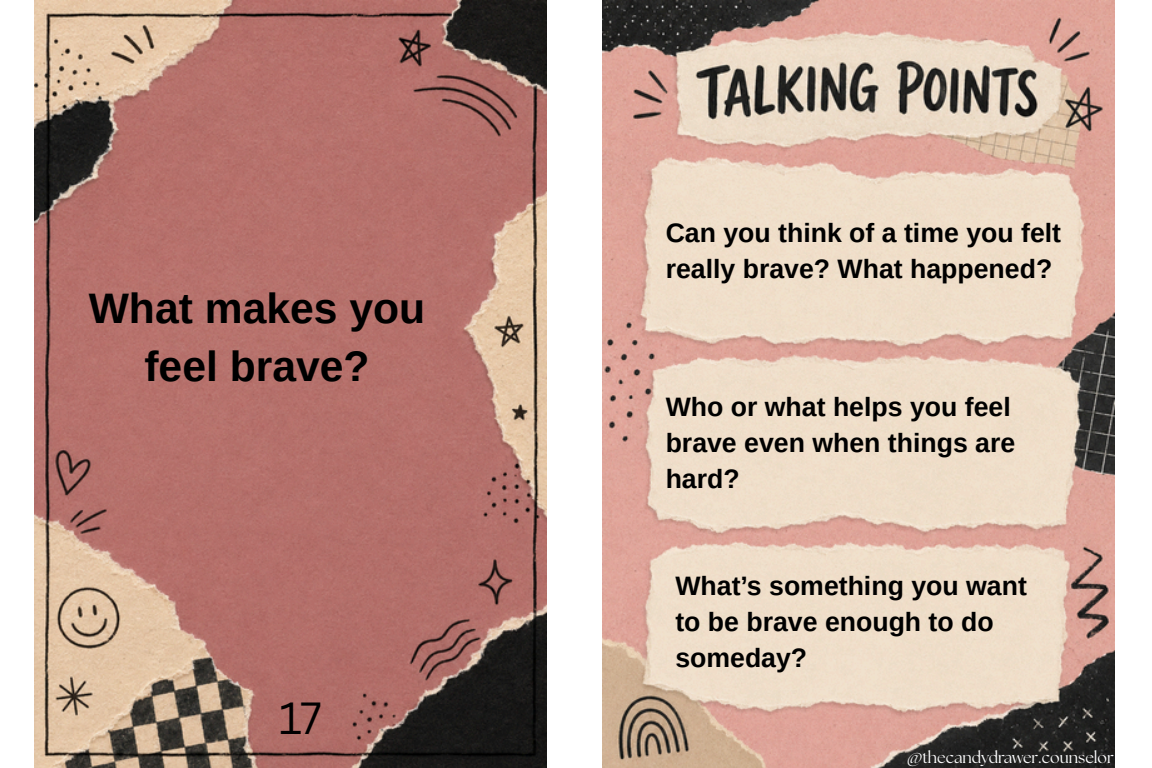


TALKING POINTS

What makes that part of school your favorite?

Who do you get to spend time with or learn from?

How would school be different if that one thing was gone?



**What makes you
feel brave?**

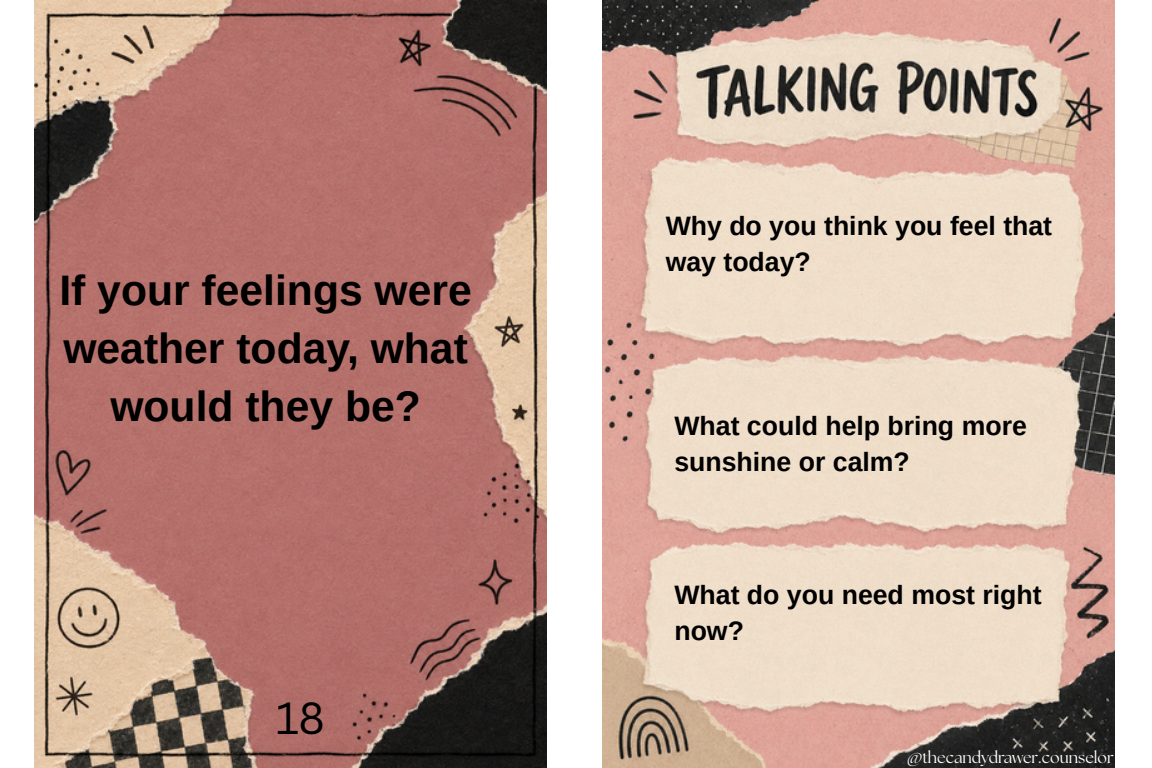
17

TALKING POINTS

Can you think of a time you felt really brave? What happened?

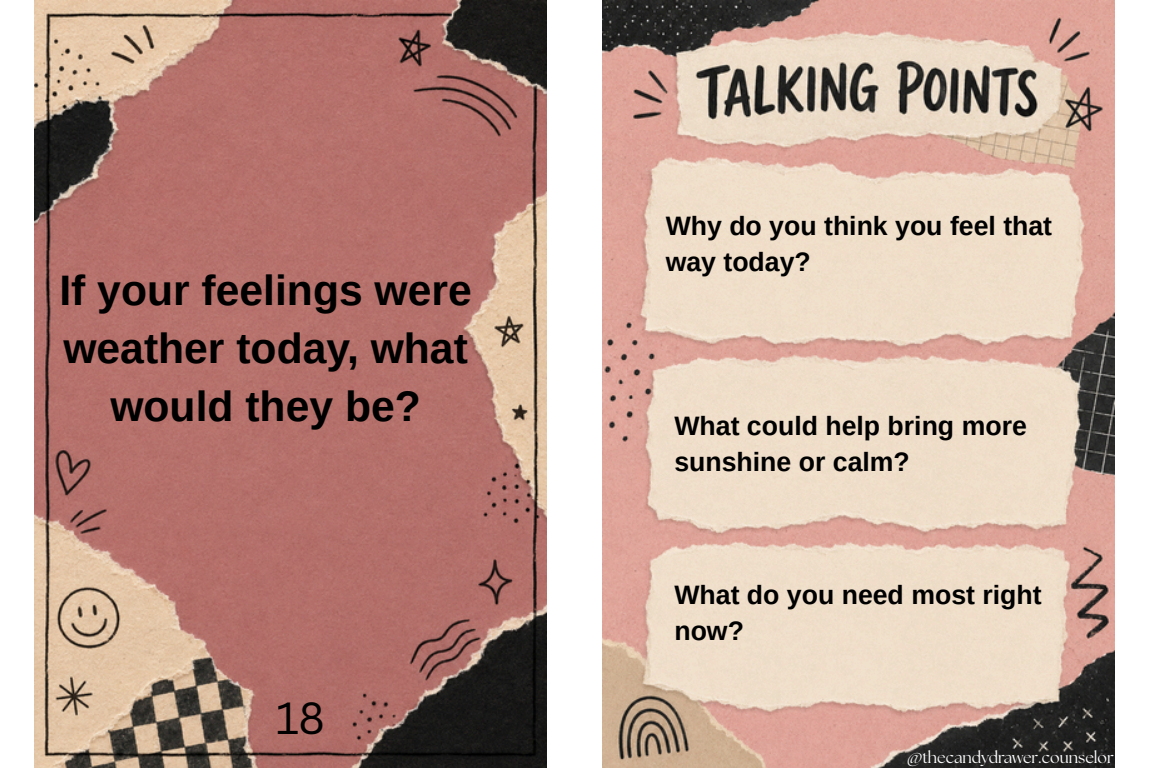
Who or what helps you feel brave even when things are hard?

What's something you want to be brave enough to do someday?



**If your feelings were
weather today, what
would they be?**

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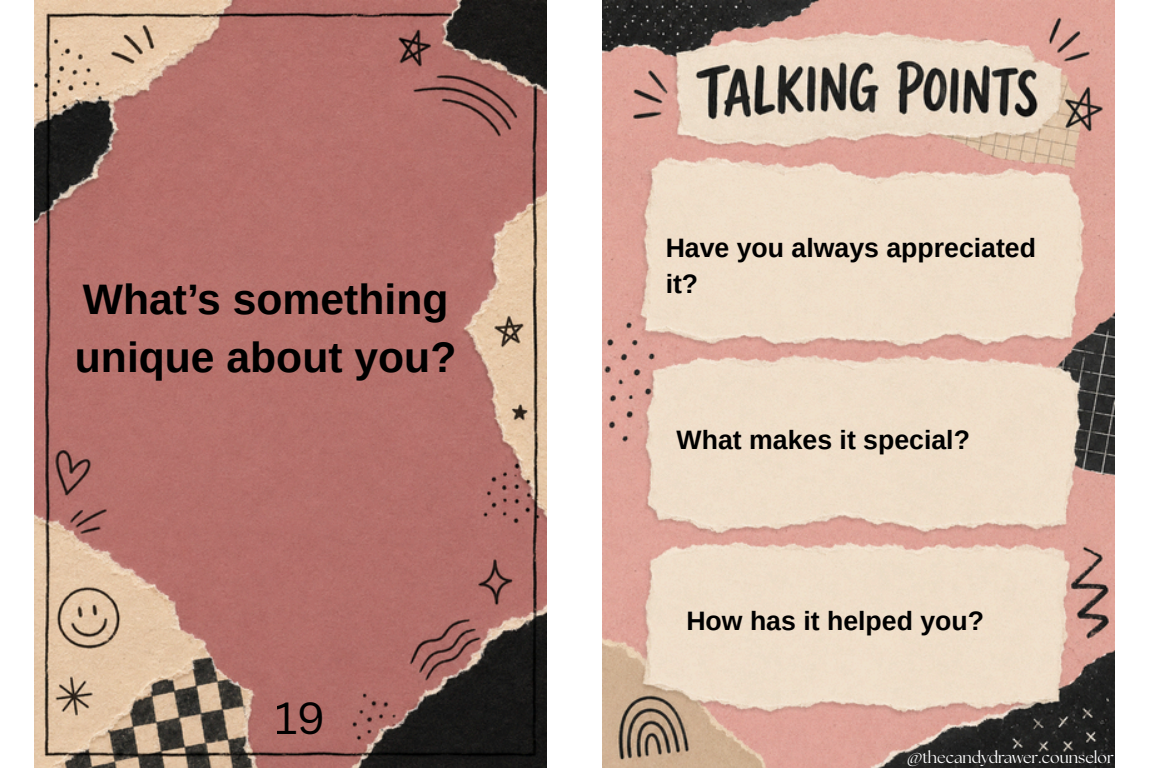


TALKING POINTS

**Why do you think you feel that
way today?**

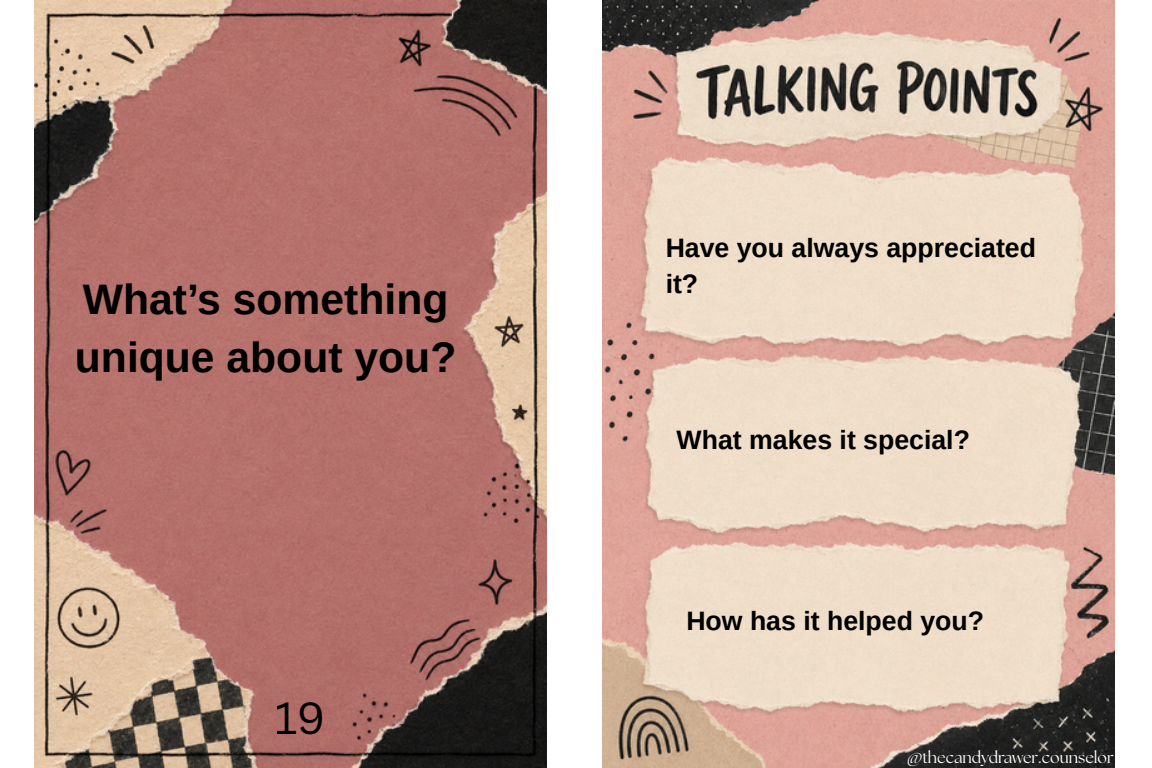
**What could help bring more
sunshine or calm?**

**What do you need most right
now?**



**What's something
unique about you?**

19

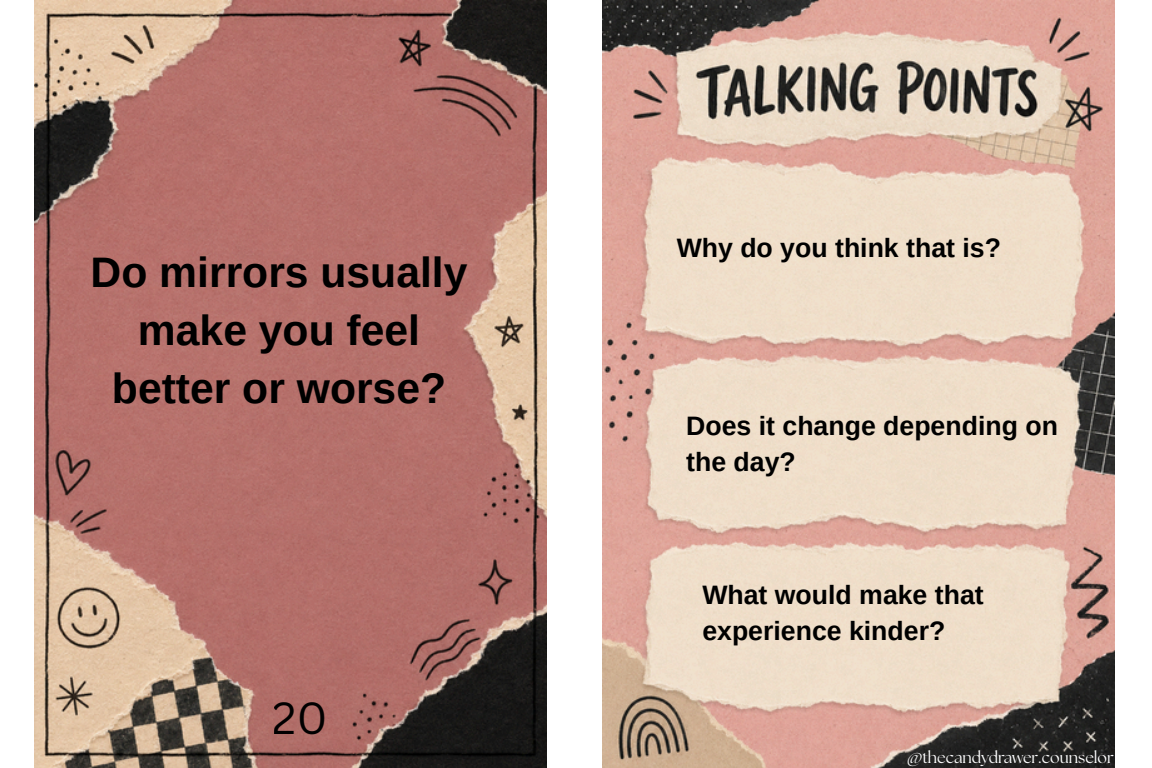


TALKING POINTS

**Have you always appreciated
it?**

What makes it special?

How has it helped you?



**Do mirrors usually
make you feel
better or worse?**

20

TALKING POINTS

Why do you think that is?

**Does it change depending on
the day?**

**What would make that
experience kinder?**



**What's been the
weirdest part about
growing up?**

21

TALKING POINTS

Did anyone prepare you?

What surprised you?

**Who can answer your
questions?**



**What's something
you wish people
talked about more?**

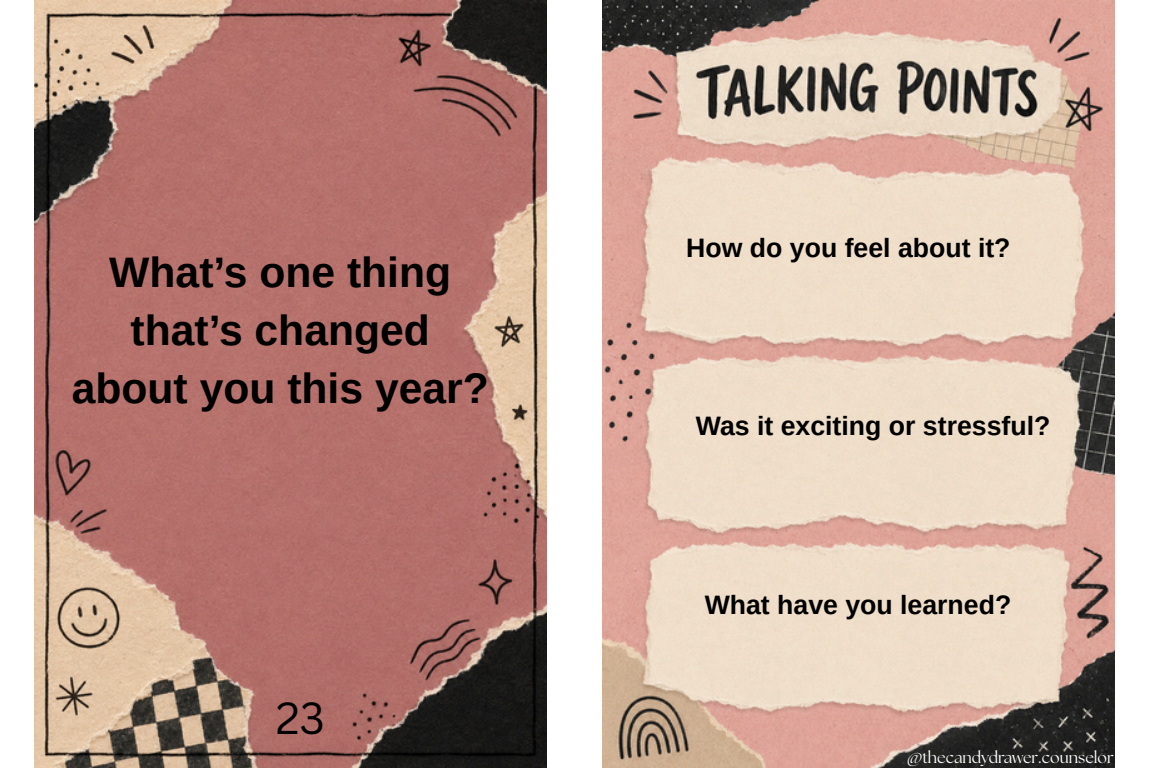
22

TALKING POINTS

Why do you think they don't?

**Who would you feel
comfortable asking?**

**What do girls your age
wonder about?**



**What's one thing
that's changed
about you this year?**

23

TALKING POINTS

How do you feel about it?

Was it exciting or stressful?

What have you learned?



**When do you feel
uncomfortable in
your own skin?**

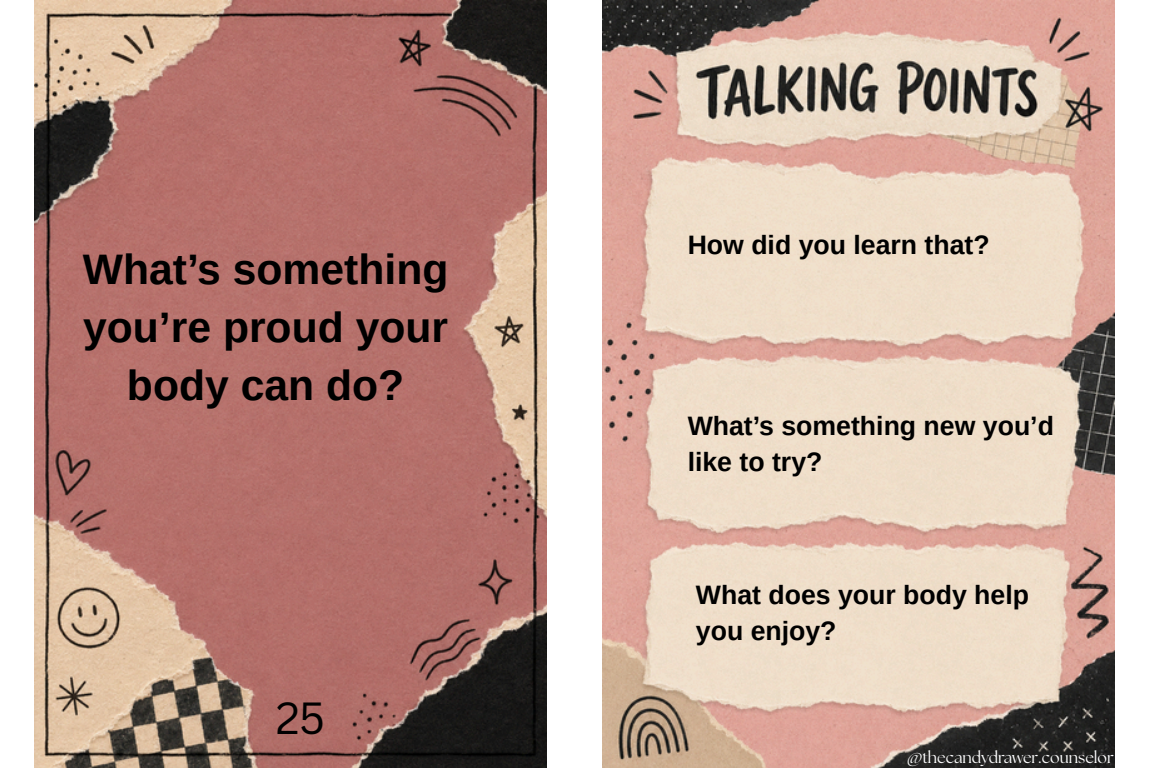
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TALKING POINTS

What usually happens?

What helps?

**Who makes you feel
accepted?**



**What's something
you're proud your
body can do?**

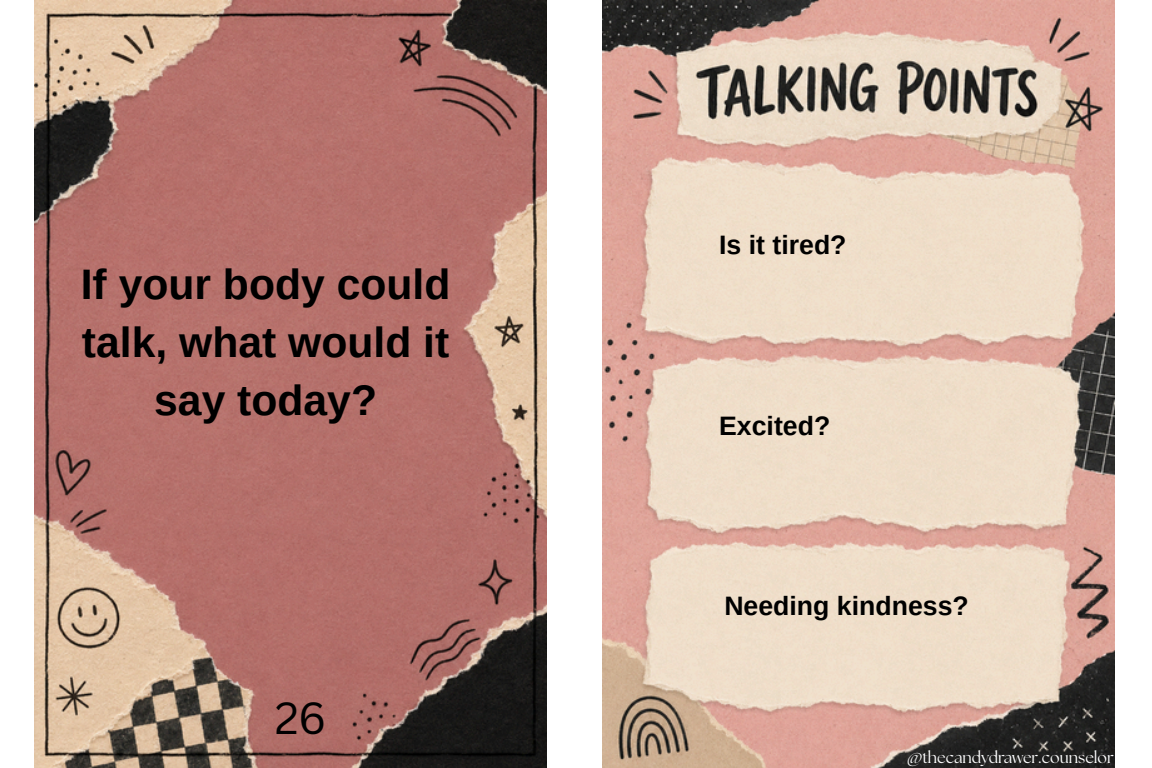
25

TALKING POINTS

How did you learn that?

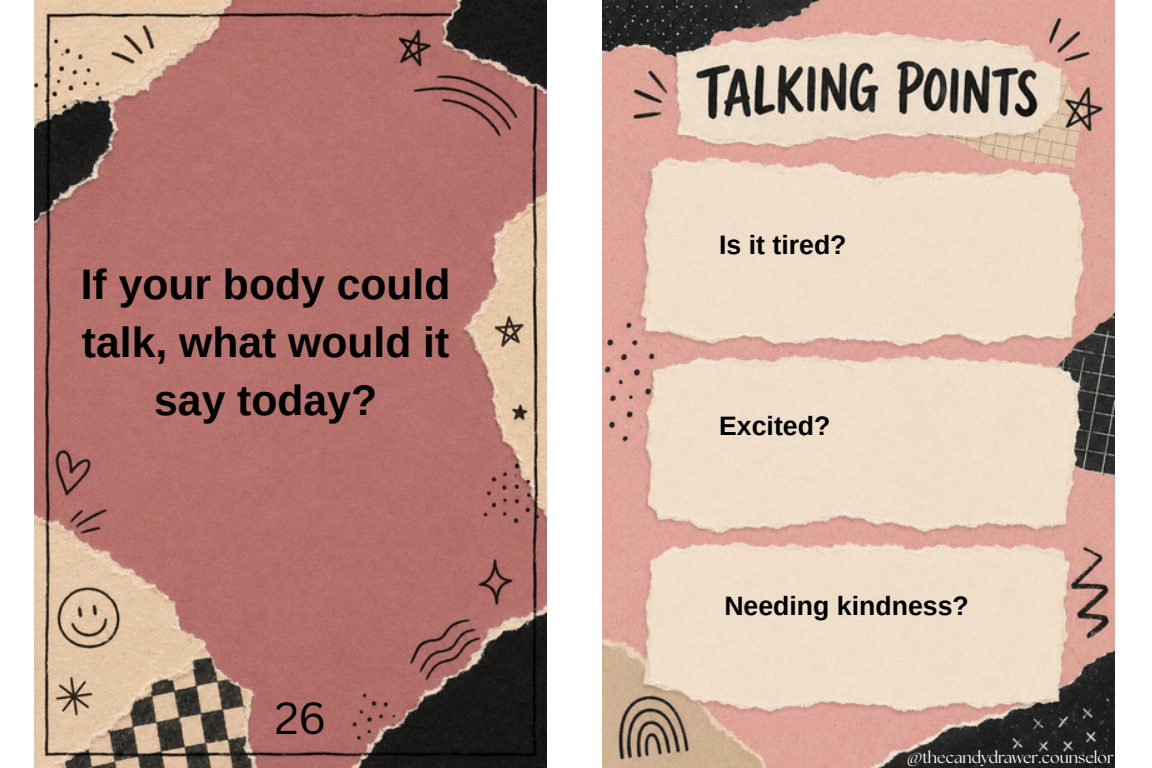
**What's something new you'd
like to try?**

**What does your body help
you enjoy?**



**If your body could
talk, what would it
say today?**

26

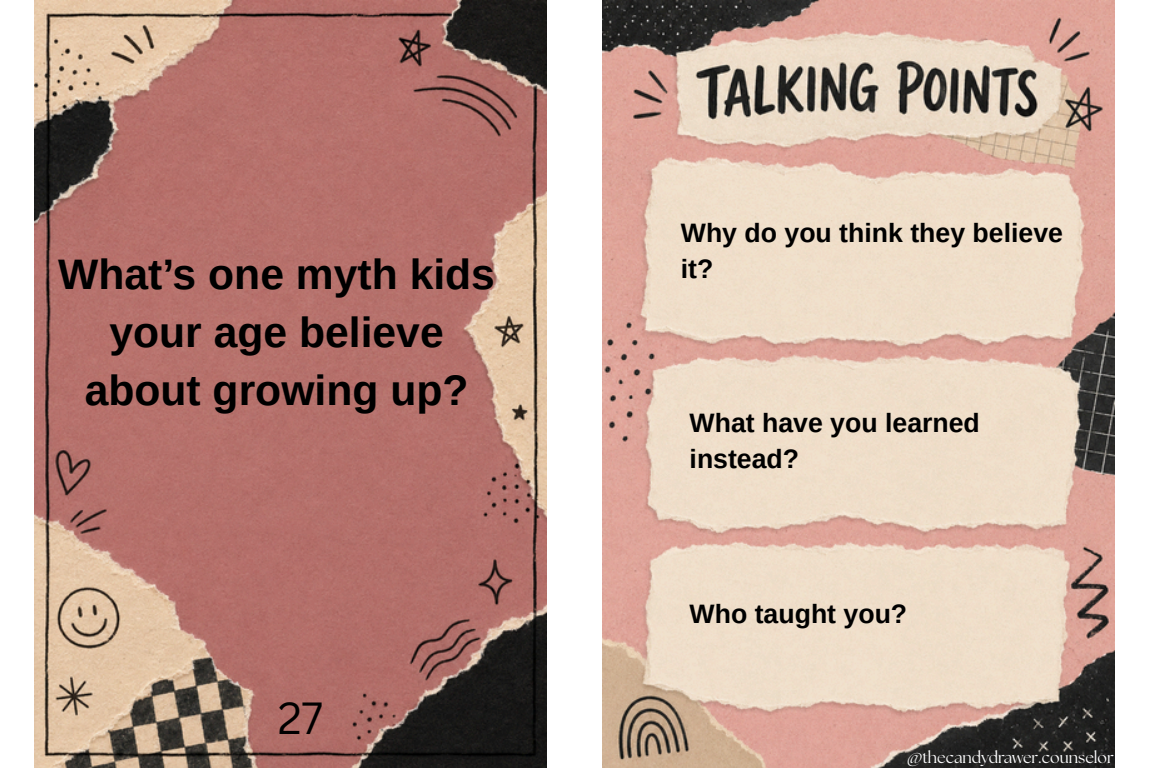


TALKING POINTS

Is it tired?

Excited?

Needing kindness?



**What's one myth kids
your age believe
about growing up?**

27

TALKING POINTS

**Why do you think they believe
it?**

**What have you learned
instead?**

Who taught you?



**What's one thing you
wish someone had
explained sooner?**

28

TALKING POINTS

How would that have helped?

**What would you tell a younger
girl?**

**What questions do you still
have?**



**What's something
you're still figuring
out about yourself?**

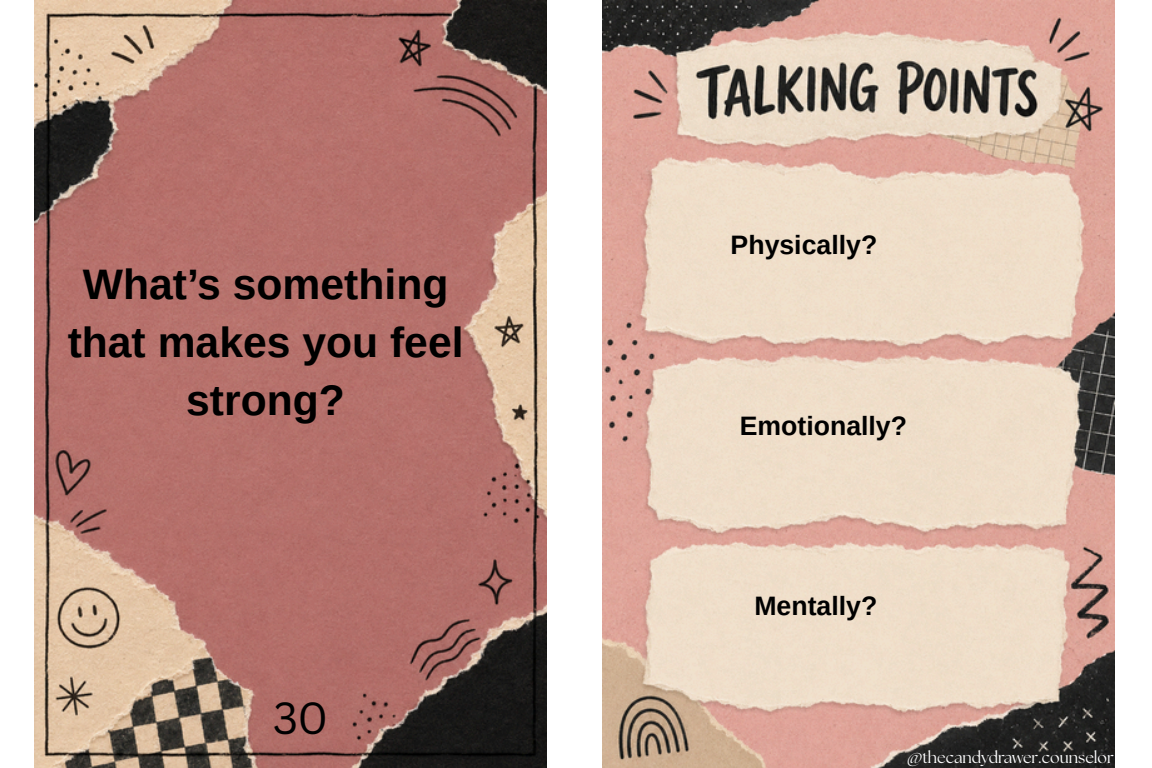
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TALKING POINTS

What makes it confusing?

What's helping you learn?

**Do you think everyone your
age feels this way?**



**What's something
that makes you feel
strong?**

30

TALKING POINTS

Physically?

Emotionally?

Mentally?