Family Challenge Discussion Guide

Sample edition for review

Included content: Optional conversation starters and pause choices
Use: Invite; do not require anyone to answer

A FLEXIBLE CONVERSATION

Choose a time that works for everyone. Ask whether people want to talk, write, draw, listen, or pass. Keep the conversation short if that is what people prefer.
Listen without rushing to correct someone. People may remember a moment differently. Ask before offering advice or trying to fix something.

OPTIONAL STARTERS

What would you like us to talk about today?
What do you remember about what happened?
What do you know for sure, and what might be unclear?
Would you like to share how you felt, or choose another question?
What might each person need right now?
Would you like a pause, a break, or help from someone?
Is there one respectful next step you want to consider?
Would you like to check in later, or leave this for now?

WAYS TO PAUSE

Say: "I need a little time."
Say: "I want to take a break."
Say: "I am going to skip this question."
Choose a quiet activity or ask a trusted adult for help.

IF A PROMPT DOES NOT FIT

Move to another question or end the conversation. No one needs to explain why they pass.
If someone shares an immediate safety concern, pause this activity and get help from a trusted adult or appropriate local support.