

Empathways

Challenge for **VYAs and Caregivers**




USAID
FROM THE AMERICAN PEOPLE


Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE





The Pledge.

Each participant must read this aloud to the other participant, as a commitment to an honest and open dialogue.

 I will listen without judgment and with the intent to understand and get to know you better.

 I will not interrupt you.

 [For caregivers only] I promise not to get upset or punish you for anything you share with me during our conversation.

 I will keep what you share with me confidential.

 I can stop at any time.

Both participants must read this aloud to one another.

QUESTION

**What do you like to do
for fun?**



QUESTION

**What do you love most
about yourself?**



QUESTION

**What do you usually do
when you're sad?**



CHALLENGE

**Hug each other for 30
seconds!**



QUESTION

**What is something you
want to be better at?**



QUESTION

**What is something you
are struggling with right
now?**



QUESTION

**Have you ever tried to
achieve something and
failed?**

How did you feel?

What did you do next?



CHALLENGE

**On the count of three,
name each other's
favorite food!**



QUESTION

**What is one of your
favorite memories with
our family?**



QUESTION

Who in your life inspires you and why?



QUESTION

**Tell me about a time
when you didn't feel
very confident.**



CHALLENGE

**Hold each other's hands
for the next 3 questions.**



QUESTION

What do you think is the best part about getting older?



QUESTION

**What's a really difficult
thing you've had to tell
your parents?**

(Adults also must answer this question!)



CHALLENGE

Take a selfie together.



QUESTION

**Who is the person you
are most comfortable
talking to?**



QUESTION

**What do you think is the
hardest part about
being a son or a
daughter?**

(Adults also must answer this question!)



QUESTION

**What do you think is the
hardest part about
being a mother or a
father?**

(Kids must also answer this question!)



CHALLENGE

**Stare at each other
without blinking or
laughing for ten
seconds.**



QUESTION

When do you feel the most comfortable and relaxed?



QUESTION

**What is one problem
you would like to solve
right now so that
teenagers can grow up
healthy and happy?**



QUESTION

Who do you confide in?



Empathways

Peer to Peer Challenge!




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QUESTION

**What do you like to do
for fun?**



QUESTION

**What do you love most
about yourself?**



QUESTION

**What do you usually do
when you're sad?**



CHALLENGE

Hug each other for 30 seconds!

(Get consent from your playing partner first!)



QUESTION

**What is something you
want to be better at?**



QUESTION

**What is something you
are struggling with right
now?**



QUESTION

**Have you ever tried to
achieve something and
failed?**

How did you feel?

What did you do next?



QUESTION

**What is one of your
favorite memories with
me?**



QUESTION

**Tell me about a time
when you didn't feel
very confident.**



CHALLENGE

**Hold each other's hands
for the next 3 questions.**

*(Get consent from your playing partner
first!)*



QUESTION

What do you most look forward to about getting older?



QUESTION

What's a really difficult thing you've had to tell your parents?



CHALLENGE

Take a selfie together.



QUESTION

**Who is the person you
are most comfortable
talking to?**



QUESTION

**What is the hardest part
about being our age?**



CHALLENGE

**Stare at each other
without blinking or
laughing for ten
seconds.**



QUESTION

When do you feel the most comfortable and relaxed?

