

### Challenge for VYAs and Caregivers





### 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.
- R I can stop at any time.

Both participants must read this aloud to one another.









## Hug each other for 30 seconds!







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

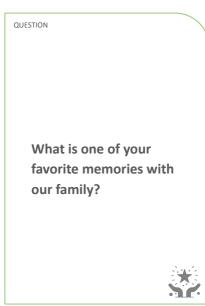


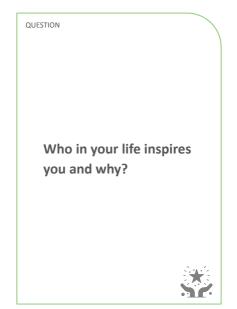
#### Have you ever tried to achieve something and failed? How did you feel? What did you do next?



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







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





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



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



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

(Adults also must answer this question!)





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



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

(Adults also must answer this question!)



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

(Kids must also answer this question!)



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

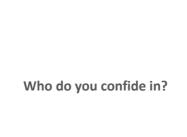


# When do you feel the most comfortable and relaxed?



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





QUESTION





### Peer to Peer Challenge!







### The Pledge.

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- 🤗 I will not interrupt you.

Both participants must read this aloud to one another.





## What do you like to do for fun?





### What do you love most about yourself?





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



## Hug each other for 30 seconds!

(Get consent from your playing partner first!)





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





#### Have you ever tried to achieve something and failed? How did you feel? What did you do next?





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



#### Hold each other's hands for the next 3 questions. (Get consent from your playing partner

first!)



#### What do you most look forward to about getting older?



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





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





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



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



# When do you feel the most comfortable and relaxed?

