

GET REAL WITH TEENS

48 CONVERSATION STARTERS,
JOURNAL PROMPTS &
TASK CARDS

ABOUT
DIVERSITY
+ (IN)EQUALITY





THANK YOU!

Thank you for downloading this resource!
I love creating tools that invite young people to voice
and shape their authentic, strong, vulnerable, and brave selves.
I hope that you and the young people you support enjoy this product.
Please don't hesitate to contact me with any questions or concerns at:
wholeheartedschoolcounseling@gmail.com

JOY TO YOU!

Ways to Use These Cards...

These "Get Real With Teens About Diversity + (in)Equality Cards" were designed to invite honest self-reflection and courageous conversations. The topics address *real* and often challenging issues that impact the lives of young people today. They can be used as journal writing prompts, questions for classroom discussions and/or debates, and conversation starters for school-based groups like Student Diversity Leadership and Gay-Straight Alliance Clubs.



WARRIOR ON!

How does the media "talk" about your ethnic identity and/or cultural background?

What are some of the stereotypes that the media creates about gender?

How does the media impact your perceptions of others? How does the media impact your perception of yourself?

What are some examples of advertising and media-generated stereotypes?

What are some of the stereotypes that the media creates about teenagers?

What are some stereotypes that the media creates about Latinos/as? What about African Americans? Natives? Asian Americans? Muslim Americans?

In what ways are people at your school diverse?

What forms of harassment and bullying do you witness and/or experience at school? How do stereotypes play a role in this?

How do labels influence people from getting to know one another at school?

Why are students who are perceived to be "different" sometimes treated poorly by other students?

How are you impacted by ethnic/racial, gender, socioeconomic, religious, sexual, and/or ability stereotypes at school?

How does the school curriculum "talk" (or not "talk") about your cultural experience(s) and/or identity(ies)?

In what ways are
people in your
community diverse?

Describe your
community.

How much voice
and/or power does
your community have
in government?

How is your
community
represented in the
media?

How much power
and/or voice do you
have in your
community?

If you could change
one thing about your
community, what
would that be?

Do you choose to define yourself in regard to your sexuality? If so, how?

Why is it often difficult to talk about sexuality?

Do you choose to define yourself in regard to your self-identified gender? If so, how?

Why is it often difficult to talk about how gendered expectations impact our lives?

How much does your sexual identification impact how other people treat and/or relate to you?

How much does your gender impact how other people treat and/or relate to you?

Do all Americans have equal access to quality education and employment? What do you think about that?

How does poverty impact your life?

What do you think about the American Dream, the idea that if you work hard enough, you can achieve anything, including financial success?

How does having financial resources make a person's life easier?

Do you ever get treated differently based on your family's socioeconomic status? How so?

What does it mean to experience poverty?

Who and/or what institutions do you feel have power over you?

What are the different groups and/or cliques at your school, and what kind of power do they exert in relation to other groups and/or cliques?

How much agency, voice, and/or power do you have at school, at home, and in your community?

What groups in our country have the most amount of power? What groups have the least?

In what context do you feel you have the most power and that your voice matters and is heard?

If you were to become involved in politics, what would your cause be and who would you hope to help?

How do you identify yourself when asked, "What is your cultural background?"

Do you ever feel like "The Other"? If so, when?

What voices are left out of the history books and novels you read in school?

How much do you identify yourself with your cultural background? How much do other people identify you with your cultural background?

How many people are you friends with that experience different socioeconomic, racial, and/or ethnic backgrounds?

In what ways does the socioeconomic class that you are a member of impact your life?

Who are the safe adults in your life that you can talk to about questions relating to sexuality, gender, race, class, and ethnicity?

How much does physical appearance impact how people treat one another?

How safe are you at school to be yourself? What about at home? In your community? Outside your community?

How does racism impact your life? How does it impact other people that you know?

How does heterosexism impact your life? How does it impact other people that you know?

How does sexism impact your life? How does it impact other people that you know?