

Bonus #2 – Breaking the Silence: Conversation Starters

A guide to help children, teens, and adults talk openly about bullying and wellbeing



Why This Matters

Starting a conversation about bullying can be daunting — especially for those who feel shame, fear, or isolation. These prompts are designed to reduce pressure and invite honest reflection, building bridges where walls once stood.

For Children (Ages 6–12)

- What was the best part of your day? What was the hardest?
 - If someone feels left out at school, what can a friend do to help?
 - Have you ever seen someone being treated unfairly? What happened?
 - Is there anyone who makes you feel nervous at school or online?
 - Who are your “safe” adults you can talk to?
 - What do you wish teachers or adults understood better?
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For Teens (Ages 13–18)

- What kind of behaviour crosses the line for you?
 - Do you feel like school is a safe place? Why or why not?
 - Have you ever seen online bullying or felt pressured to join in?
 - What does support look like from a friend when things are tough?
 - Do adults take bullying seriously enough in your opinion?
 - What’s something you’ve learned about yourself from difficult experiences?
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For Adults

- Have you ever felt excluded, harassed, or belittled at work or in life?
 - How do you handle subtle bullying (e.g., sarcasm, exclusion)?
 - What messages did you grow up with about standing up for yourself?
 - Have you ever stayed silent when someone else was being hurt? Why?
 - What conversations do you wish you had earlier in life?
 - What’s one thing that makes *you* feel safe and respected?
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Tips for Use

- Don't push for answers — just listen
 - Validate emotions without needing to fix
 - Be open to multiple conversations over time
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