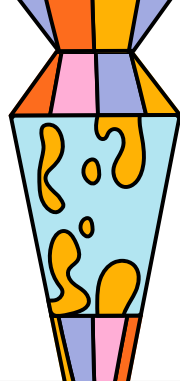


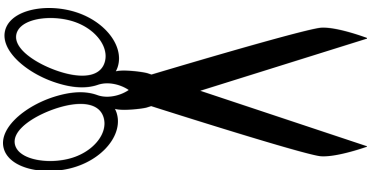
 <p>Skateboarding</p>	<p>2</p> <p>What are some things you are curious about?</p>	<p>3</p> <p>Are there values or rules that you try to live by?</p>	 <p>Lava Lamp</p>
<p>1</p> <p>What qualities does a positive role model have? Who do you look up to or who makes you feel seen/heard?</p>			<p>4</p> <p>When do you feel the most loved?</p>
<p>8</p> <p>Who is a trusted adult in your life?</p>			<p>5</p> <p>What are some norms you would like to see in our family that create more meaningful conversations?</p>
 <p>Record Player</p>	<p>7</p> <p>Who are the people that matter most to you?</p>	<p>6</p> <p>What values does our family have surrounding communication?</p>	 <p>Disco</p>



CUT HERE along the solid black line above to make a square



Alternative Option - Chatterbox Questions

Getting to Know Your Young Person Chatterbox 1

This document contains a list of every question that appears on Chatterbox 1. The ARH team wants to provide parents, caregivers, and trusted adults an alternative to using the folded Chatterbox to ensure accessibility. Follow these steps when using this alternative Chatterbox structure – 1) Print this page, 2) Individually cut-out each question, 3) Place the questions in a container, and 4) The adult and young person/s will take turns drawing a question.

What qualities does a positive role model have? Who do you look up to or who makes you feel seen/heard?
Who is a trusted adult in your life?
Who are the people that matter most to you?
What values does our/your family have surrounding communication?
What are some norms you would like to see in our/your family to create more meaningful conversations?
When do you feel the most loved?

Continued on next page

Are there values or rules that you try to live by?

What are somethings you are curious about?

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Glossary of Terms

Getting to Know Your Young Person Chatterbox 1

This document provides definitions of terms that align with the questions on Chatterbox 1. This is a resource for parents, caregivers, and trusted adults to support their ability to have meaningful conversations with the young people in their lives.

Acceptance¹ – To be appreciated as I am and appreciate others for who they are.

Achievement – To have important accomplishments.

Adventure – To have new and exciting experiences.

Attractiveness – To be physically good-looking.

Authority – To be in charge of and responsible for others.

Autonomy – To be self-determined and independent.

Beauty – To appreciate the aesthetically pleasing qualities around you.

Caring – To display kindness or concern towards others.

Challenge – To take on difficult tasks and problems.

Change – To live a life full of variety.

Character – Understanding when and how to do the right thing even when others aren't looking; possessing strong core values that guide them to make contributions, have great sense of self, and have secure and healthy relationships. Adults can help by noticing a young person's innate character strengths and guiding and reinforcing others.

Comfort – To have a pleasant life filled with ease.

Commitment – To make enduring, meaningful agreements, pledges, or promises.

¹ Personal value definitions appear as purple text. These definitions correspond with the Personal Value List attachment provided as a resource for Chatterbox 1.

Compassion – To feel and act on concern for others.

Connection – The most protective force in a young person’s life is feeling connected to their parents, caregivers, other trusted adults, their school, and community. The more positive connections the better.

Contribution – To make a lasting impact to the world. Contributing develops a sense of purpose, joy of giving, appreciation, and gratitude.

Cooperation – To work collaboratively with others.

Courtesy – To be considerate and polite toward others.

Creativity – To have new and original ideas.

Dependability – To be reliable and trustworthy.

Duty – To carry out my responsibilities and obligations.

Ecology – To live in harmony with the environment.

Education – To participate in formal and informal learning experiences that facilitate growth, knowledge, and skill-building.

Excitement – To have a life full of thrills and fun.

Expert – To be competent in my everyday activities.

Faithfulness – To be loyal and true in relationships.

Fame – To be well-known and recognized.

Family – To be surrounded by a group of happy and loving people. Families can be formed in many ways, such as through marriage, blood, adoption, a combining of households, close friendships, and more.

Fitness – To be physically fit and strong.

Flexibility – To adjust to new circumstances easily.

Forgiveness – To not hold ill feelings toward others.

Friendship – To have close, supportive people in your life.

Fun – To play and have enjoyment.

Generosity – To give what you have to others.

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Genuineness – To act in a manner that is true to who you are.

Growth – To keep changing and evolving as a person.

Health – To be well and healthy in all aspects of my life (mental, physical, social, etc.).

Helpfulness – To be useful and provide assistance to others.

Honesty – To be truthful.

Hope – To maintain a positive and optimistic outlook.

Humility – To be humble and open to learning new things to improve yourself.

Humor – To see the amusing side of myself and the world.

Independence – To be free from dependence on others.

Industry – To work hard and well at my life tasks.

Inner Peace – To experience personal calmness despite the many stressors of life.

Justice – To promote fair and equal treatment for all.

Knowledge – To learn and contribute valuable facts, information, and skills.

Leisure – To take time to relax and enjoy.

Loved – To experience an intense feeling of deep affection and admiration from those close to me.

Loving – To show my feelings of deep affection and admiration toward others.

Mindfulness – To live conscious and in the present moment.

Moderation – To avoid excesses and find a middle ground.

Monogamy – To have one romantic and/or sexual partner at any given time.

Non-Conformity – To question and challenge authority and social norms.

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Nurturing – To take care of and help others.

Openness – To be willing to engage in new experiences, ideas, and opinions.

Order – To have a life that is well-organized.

Passion – To have deep feelings about ideas, activities, or people.

Pleasure – To feel happy satisfaction, joy, and bliss.

Popularity – To be well-liked by many.

Power – To have control over others.

Purpose – To have meaning and direction in life.

Rationality - To be guided by reason and logic.

Realism - To see and act realistically and practically. A person with this value would accept a situation as it is and be prepared to deal with it accordingly.

Religion - To believe in and practice an organized system of faith and worship.

Responsibility - To make and carry out decisions that meet the obligations of my various roles and that meet the personal expectations that I have for myself.

Risk - To take chances when there is a possibility of something bad happening, like feeling embarrassed, getting hurt, or sick. Risk can be positive or negative. An example of a positive risk would be auditioning for a school play when there is a chance that you could fail to get a part. An example of a negative risk would be texting while driving when there is a chance that being distracted by your phone could cause an accident.

Safety - To be protected and secure.

Self-Acceptance - To accept all your attributes, positive or negative.

Self-Concept (Also known as Self-Knowledge) - An individual's attitudes, beliefs, opinions, and thoughts about who they are as a person.

Self-Control - To be disciplined in my own actions.

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Self-Esteem - A person's overall opinion of themselves and how they feel about their abilities and limitations. For example, high self-esteem may result in someone feeling good about themselves whereas someone with low self-esteem may place little value on their own opinions and ideas.

Simplicity – To live life with minimal needs.

Solitude – To have time and space where I can be apart from others.

Spirituality – To have a meaningful connection with something bigger than myself and/or finding the purpose to life.

Stability – To have a life that stays fairly consistent.

Tolerance – To accept and respect those who differ from me.

Tradition – To follow respected patterns of the past.

Trusted Adult - A person to whom a young person can turn to in a time of need who can offer support and guidance. A trusted adult may or may not be a parent or caregiver.

Universal Values - Values that are agreed to by the consensus of people in a society. The following is an example of a universal value that exists in society: People should respect themselves and others.

Value - A belief or opinion about the morals or ethics of an issue—right and wrong, good and bad, and/or the relative importance or what one should or should not do.

Virtue – To have high moral standards.

Volunteerism – To be of service to others and freely offer help to complete tasks or labor, especially in community settings

Wealth – To have an abundance of valuable tangible or intangible assets, or money.

World Peace – To work to create a world where everyone is free, happy, thriving, and living without violence.

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Chatterbox Questions with Resources

Getting to Know Your Young Person Chatterbox 1

This document provides question specific resources for Chatterbox 1. These specific resources will help parents, caregivers, and trusted adults provide accurate information during the discussion. For each resource, we state what type of resource it is (web article, video, quiz, etc.) and who the resource is geared towards (adults, young people, or both). The resources included for young people should be reviewed by parents, caregivers, and trusted adults to determine if it is a resource they want to share with the young people in their lives.

Chatterbox Question	Resource(s)	Resource Type	Who Is This For?
What qualities does a positive role model have? Who do you look up to or who makes you feel seen/heard?	<ul style="list-style-type: none"> No additional resources 		
Who is a trusted adult in your life?	<ul style="list-style-type: none"> Finding An Adult That You Can Trust 	<ul style="list-style-type: none"> Video & Tipsheet 	<ul style="list-style-type: none"> Both
	<ul style="list-style-type: none"> Teens Talk Relationships Trusted Adults Edition 	<ul style="list-style-type: none"> Video 	<ul style="list-style-type: none"> Young People (Adults Review)
Who are the people that matter most to you?	<ul style="list-style-type: none"> No additional resources 		

Chatterbox Question	Resource(s)	Resource Type	Who Is This For?
What values does our/your family have surrounding communication?	<ul style="list-style-type: none"> No additional resources 		
What are some norms you would like to see in our/your family that create more meaningful conversations?	<ul style="list-style-type: none"> No additional resources 		
When do you feel the most loved?	<ul style="list-style-type: none"> No additional resources 		
Are there values or rules that you try to live by?	<ul style="list-style-type: none"> Communicating Values to Tweens and Teens 	<ul style="list-style-type: none"> Web Article 	<ul style="list-style-type: none"> Adults
	<ul style="list-style-type: none"> Personal Values List 	<ul style="list-style-type: none"> Attachment 1 	<ul style="list-style-type: none"> Both
	<ul style="list-style-type: none"> Value Card Sort 	<ul style="list-style-type: none"> Online Activity 	<ul style="list-style-type: none"> Both
	<ul style="list-style-type: none"> Values Matter: Using Your Values to Raise Caring, Responsible, Resilient Children 	<ul style="list-style-type: none"> Web Article 	<ul style="list-style-type: none"> Adults
What are somethings you are curious about?	<ul style="list-style-type: none"> No additional resources 		

Personal Values List

This document is a list of personal values that may or may not be important to an individual. This is not an exhaustive list. Personal value definitions appear in the **Glossary of Terms** as **purple text**. Additional values as well as different definitions of a value may be discussed.

Acceptance	Excitement	Inner Peace	Religion
Achievement.	Expert	Intimacy	Responsibility
Adventure	Faithfulness	Justice	Risk
Attractiveness	Fame	Knowledge	Safety
Authority	Family	Leisure	Self-Acceptance
Autonomy	Fitness	Loved	Self-Concept
Beauty	Flexibility	Loving	Self-Control
Caring	Forgiveness	Mindfulness	Self-Esteem
Challenge	Friendship	Moderation	Sexuality
Change	Fun	Monogamy	Simplicity
Comfort	Generosity	Non-conformity	Solitude
Commitment	Genuineness	Nurturing	Spirituality
Compassion	Growth	Openness	Stability
Contribution	Health	Order	Tolerance
Cooperation	Helpfulness	Passion	Tradition
Courtesy	Honesty	Pleasure	Virtue
Creativity	Hope	Popularity	Volunteerism
Dependability	Humility	Power	Wealth
Duty	Humor	Purpose	World Peace
Ecology	Independence	Rationality	
Education	Industry	Realism	

Adapted from "Personal Value Card Sort" by W.R. Miller, J. C'de Baca, D.B. Matthews, and P.L. Wilbourne, 2001, University of New Mexico