

Cassette Tape

1

What is something you would like to continue working on (hobby, habit, coping skill, etc.)?

2

What are your boundaries when it comes to...\*you choose a topic area\*? Example topics: relationships, social media, alone time, work, etc.

3

What have been some important moments in your life so far? Why were they important to you?



Big Hair

4

What brings you happiness/joy in your daily life?

What are some of the best things about you/what are you good at doing?

What aspects of your identity make you the proudest?

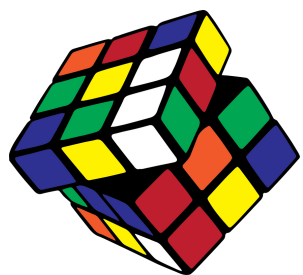
8

What topic(s) would you be interested in learning more about?

Tell me

about a small or big dream that you have for yourself? Do you think you can make it happen? Why or why not? What support do you need to achieve your dream(s)?

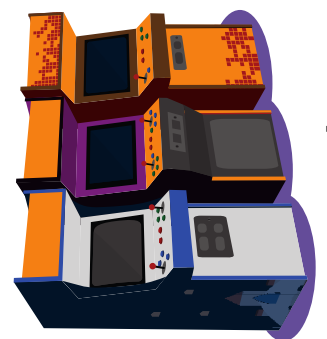
5



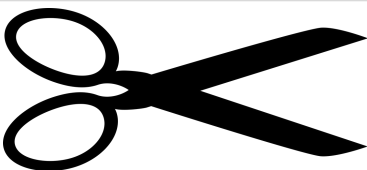
Puzzle Cube

7

6



Arcade



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



# Alternative Option - Chatterbox Questions

## Getting to Know Your Young Person Chatterbox 2

This document contains a list of every question that appears on Chatterbox 2. 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 is something you would like to continue working on (hobby, habit, coping skill, etc.)?

What are some of the best things about you/what are you good at doing?

What aspects of your identity make you the proudest?

What brings you happiness/joy in your daily life?

What topic(s) would you be interested in learning more about?

Tell me about a small or big dream that you have for yourself? Do you think you can make it happen? Why or why not? What support do you need to achieve your dream(s)?

Continued on next page

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What have been some important moments in your life so far? Why were they important to you?

What are your boundaries when it comes to...\*you choose a topic area\*?  
Example topics: relationships, social media, alone time, work, etc.

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# Glossary of Terms

## Getting to Know Your Young Person Chatterbox 2

This document provides definitions of terms that align with the questions on Chatterbox 2. 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.

**Boundaries** – Personal limits on a topic or activity that each individual defines for themselves based on what they are comfortable with. Boundaries can be emotional, physical, or even digital. Within relationships, these personal boundaries serve as a means of expressing how an individual desires to be treated by others. For more on what personal boundaries might look like in relationships, check [here](#) for some examples.

**Competence** – The development of one's own skill sets earned through actual experience. Young people acquire competence by becoming proficient at tasks they previously were not able to do. Adults help young people develop competencies by supporting but not doing for their young people (i.e. getting out of the way) and this includes letting young people come up with their own solutions rather than telling them exactly what to do, when safe to do so.

**Confidence** – The belief in oneself that they will ultimately succeed.

**Coping Skills** – Techniques a person uses to deal with stressful situations. For example, a person could choose to do yoga if they were feeling overwhelmed and anxious about an upcoming exam.

**Habit** – A practice that a person does regularly or as a part of their daily routine, such as brushing their teeth twice a day or making a weekly to-do list.

**Hobby** – An activity that someone does during their free time because it makes them happy. Examples of hobbies that people can have include reading, cycling, and thrifting.

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**Identity** – Self-knowledge about one’s characteristics or personality. A sense of self.

**Self-Efficacy** - A person’s belief in their ability to complete a task, accomplish a dream, or achieve a goal.

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# Chatterbox Questions with Resources

## Getting to Know Your Young Person Chatterbox 2

This document provides question specific resources for Chatterbox 2. 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 is something you would like to continue working on (hobby, habit, coping skill, etc.)?	<ul style="list-style-type: none"> <li>No additional resources</li> </ul>		
What are some of the best things about you/what are you good at doing?	<ul style="list-style-type: none"> <li>No additional resources</li> </ul>		
What aspects of your identity make you the proudest?	<ul style="list-style-type: none"> <li>No additional resources</li> </ul>		

Chatterbox Question	Resource(s)	Resource Type	Who Is This For?
What brings you happiness/joy in your daily life?	<ul style="list-style-type: none"> <li>• <a href="#">Do You Think You're Practicing Good Self-care?</a></li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> </ul>	<ul style="list-style-type: none"> <li>• Both</li> </ul>
What topic(s) would you be interested in learning more about?	<ul style="list-style-type: none"> <li>• No additional resources</li> </ul>		
Tell me about a small or big dream that you have for yourself? Do you think you can make it happen? Why or why not? What support do you need to achieve your dream(s)?	<ul style="list-style-type: none"> <li>• No additional resources</li> </ul>		
What have been some important moments in your life so far? Why were they important to you?	<ul style="list-style-type: none"> <li>• No additional resources</li> </ul>		

Chatterbox Question	Resource(s)	Resource Type	Who Is This For?
<p>What are your boundaries when it comes to...*you choose a topic area*? Example topics: relationships, social media, alone time, work, etc.</p>	<ul style="list-style-type: none"> <li>• <a href="#">How to Set and Maintain Boundaries</a></li> </ul>	<ul style="list-style-type: none"> <li>• Web Article</li> </ul>	<ul style="list-style-type: none"> <li>• Both</li> </ul>