

1.

THE TEENAGE BRAIN

In what ways do an adult brain and a teenage brain function differently?

See if you can explain this quote: 'I know that you believe you understand what you think I said, but I'm not sure you realise that what you heard is not what I meant.' – Robert McCloskey

Think of different ways to apologise. How do you most appreciate someone apologising to you?

2.

LEARNING AND LOOKING TO THE FUTURE

If you could be anything in the world,
what would it be? Why?

Imagine a career/job that doesn't exist
yet but will in 10 years' time.

Name a job that you would have been
interested in doing that no longer exists.

3.

FRIENDSHIPS AND FRENEMIES

What do you look for in a friend?

Can you think of a fictional friendship that you would want to emulate and why?

4.

BULLIED, BULLYING AND BYSTANDERS

What is a safe way to intervene if
your friend is being bullied?

Why would someone bully?

5.

TEENS AND TECH

What is meant by your digital footprint?

Can you imagine life without the Internet?

Think up some new technology that would help developing countries.

6.

DRINKING, PUFFING AND PARTYING

Can you demonstrate the recovery position?

What emergency contact numbers might you need if you go to a party?

How would you help a friend who has had too much to drink?

7.

BODY TALK

Name three things your body did for you today.

Name a vlogger/influencer who inspired you, and why.

Think of a compliment that doesn't involve looks.

8.

WELLBEING AND MENTAL HEALTH

Write a compliment about everybody at the table – pass a piece of paper around with each person’s name at the top so they can take it away with them (it’s easier to remember the bad things, so this can serve as a reminder of the good).

Name three things you are grateful for and why.

9.

MORE BODY TALK

What do you think is the most challenging puberty change?

What are your views on 'no sex before marriage'?

10.

RAINBOW TEENS

What do the initials LGBTQIA+ stand for? What does diversity mean?

Why is it wrong to stereotype people?

Why is positive media representation of diverse groups important?

11.

CONSENT

How can we mobilise our society
to challenge rape culture?

What do you think victim-blaming means?

Can you think of a film or TV programme where
consent either was or was not displayed?

12.

SAFE RELATIONSHIPS

What do these words mean to you in terms of relationships? Authenticity, equality, fairness, freedom, kindness, respect, security, trust

How would you help a friend who was unhappy in their relationship? What signs might tell you that this was the case?

13.

THE PROBLEM WITH PORN

Why are there age restrictions on some Internet content?

How might watching porn impact someone's intimate relationships?

14.

PREPARING YOUR TEEN FOR ADULTING

Design a roster for the chores that works for everyone around the table.

How do you think credit cards and loans work?

15.

GLOBAL TOPICS FOR TEENS

If you were going to set up a political party, what are the three most important things you would include in your manifesto?

What are the three changes we could make as a family that would have a positive environmental contribution?

If you were going to update our banknotes, which people would you want to see on them and why?

16.

GLOBAL TOPICS FOR TEENS

Think of a way to explain equality and equity to group of primary school children.

If you were going to invent your own cultural or religious festival, what would you celebrate and how would you celebrate it?

If you were going to set up your own charity, who would be the main beneficiaries and how would you run it?