START WITH SAFETY AND RESPECT

Before you begin

These cards are designed to open a door, not force a confession. Choose one card at a time, keep the conversation private, and let understanding come before correction.

THE SIMPLEST WAY TO USE THE SET

Pick one card. Read it exactly or put it in your own words. Give the other person time to answer. Reflect back what you heard. End with one useful next step - or simply thank them for being honest.

Five conversation agreements

- Either person may pass, pause, write an answer, or return to a question later.
- The adult does not interrupt, mock, threaten, record, post, or use a vulnerable answer as ammunition later.
- Understanding a feeling does not require approving unsafe behavior or changing every rule.
- Do not promise secrecy when someone may be hurt, abused, exploited, or in danger.
- When a concern is beyond a family conversation, contact an appropriate school, healthcare, mental-health, developmental, legal, or emergency professional.

ADULT-GUIDED USE

This product is for purchase and use by adults age 18 or older with children and teens they responsibly supervise. It does not create a counseling relationship or replace professional care.

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QUESTIONS 01-04

Ask to understand your child

Choose one. Ask calmly. Let the first answer finish before you respond.

FEELING KNOWN — QUESTION 01

What is something you wish I understood better about you?

You can answer now, write it down, or pass.

COMMUNICATION — QUESTION 02

When do you feel most comfortable talking to me?

Think about time, place, tone, and who is nearby.

HONESTY — QUESTION 03

What makes it harder to tell me the truth?

The adult listens without defending or interrupting.

LISTENING — QUESTION 04

What do I do that helps you feel heard?

Ask for one example you can repeat.

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MESSAGES 01-04

Say what you need your child to understand

Use the words as a starting point. Speak slowly, keep the message honest, and leave room for a response.

LOVE & LIMITS — MESSAGE 01

I love you even when I correct you.

Then ask: What helps correction feel respectful?

MY ROLE — MESSAGE 02

My job is to protect you and prepare you - not control every part of you.

Then ask: Where do you want more independence?

THE REASON — MESSAGE 03

Some of my rules come from experiences I have not fully explained.

Then share an age-appropriate reason without making the child carry adult pain.

EXPLANATION — MESSAGE 04

When I say no, I should explain the reason when it is safe and appropriate.

Then ask: Which rule would you like explained better?

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