

# 15+ Make Time to Listen ... Take Time to Talk

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Welcome to “Talk Time to Talk”, a national best practice from SAMHSA

Research has found that remarkable things can happen if parents and caregivers spent at least 15 minutes of undivided time a day listening and talking with their children? Research also tells us that children really do look to their parents and caregivers for advice and help about difficult choices and decisions.

The initiative builds on both the value children place on the advice they get from important adults in their lives and the benefits of those special 15 minutes each day. The basis of the game is to get to know more about your family, friends, and caregivers by honestly answering the questions on each card and carefully listening to the replies. There are no rules. Everyone is a winner if we begin to talk and listen to one another, but you can't be a winner if you don't answer the questions honestly. No one is looking for problems, but this is a safe way to start to understand and hopefully resolve whatever.....

## Part One: General Questions

Honestly answer the questions, take a chance on opening true conversations and really listen to the responses.

- What was the best thing that happened to you today?
- What do you love about school/work?
- What does success mean to you?
- What do you remember about your first day at school/work?
- What three things make a person popular in your school/at work?
- What makes you laugh?
- Why do you think some kids/adults dress differently? Talk more about this.
- When do you get angry? What do you do?
- Where would you go if you could travel anywhere in the world? Why?
- What's a skill you wish you had? Why?
- What one thing would you do to make the world more peaceful?
- What makes you scared?
- If you could go back in time and live in any era, what would it be? Why?
- Do you like being challenged? How?
- How can we stop violence?
- What other cultures interest you? Why?
- If you could share anything with your best friend, what would it be?
- If you could write a book, what kind of book would it be?
- If you could sit down with the most powerful person in the world and give that person advice, what would that be?
- Do you learn more when you win or when you lose?
- If you could do one thing to make the earth cleaner and more livable, what would it be? Why?