



Dinner Table Conversation Starters

Helping your child open up,
one conversation at a time.

Having open, honest and ongoing conversations with your child is one of the most powerful ways to support their wellbeing.

But we know it's not always easy to know how to start those conversations, especially when it comes to topics like bullying, friendships, social media and growing up online.

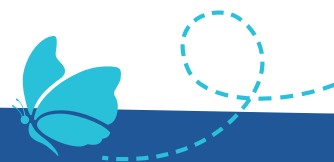
Often the best chats happen in everyday moments:

- ✓ around the dinner table
- ✓ in the car on the way to school or sport
- ✓ during a walk or while doing something together

These relaxed moments can help kids feel more comfortable sharing what's on their mind.

Talking in a calm and non-judgmental way helps children feel safe when they open up. You don't have to have all the answers, sometimes just listening is the most important thing.

To help make things easier, we've created monthly conversation starters you can keep in your back pocket. Use them to gently start discussions and build trust with your child over time.



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Instructions:

Cut out these cards and keep them handy to help start conversations with your child throughout the year.

<h3>JANUARY</h3> <h4>Social Media & Online Life</h4> <ol style="list-style-type: none">1. What do you like most about spending time online or on social media?2. Have you ever seen something online that made you feel uncomfortable or unsure about what to do?3. If someone was being unkind to someone else online, what do you think would be the best thing to do? <p>Dinner Table Conversation Starters </p>	<h3>FEBRUARY</h3> <h4>Friendships</h4> <ol style="list-style-type: none">1. What do you think makes someone a really good friend?2. Has anyone done something kind for you recently?3. What would you do if you saw someone at school who looked like they didn't have anyone to sit with? <p>Dinner Table Conversation Starters </p>
<h3>MARCH</h3> <h4>Kindness</h4> <ol style="list-style-type: none">1. What's a small act of kindness you saw today?2. How does it make you feel when someone includes you or sticks up for you?3. What's one kind thing we could do for someone this week? <p>Dinner Table Conversation Starters </p>	<h3>APRIL</h3> <h4>Online Behaviour</h4> <ol style="list-style-type: none">1. Do you think people behave differently online than they do in real life?2. What do you think makes someone brave enough to say something mean online?3. What do you think being a good digital citizen means? <p>Dinner Table Conversation Starters </p>



TIP FOR PARENTS AND CARERS

Try not to rush the conversation. Even if your child only shares a little, that's okay. The goal is to create a space where they know they can talk to you anytime they need to.

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<h3>MAY</h3> <h4>Bullying & Standing Up for Others</h4> <ol style="list-style-type: none">1. What do you think the difference is between joking around and bullying?2. If someone at school was being picked on, what could someone nearby do to help?3. Who are the trusted adults you could talk to if something wasn't right? <p>Dinner Table Conversation Starters </p>	<h3>JUNE</h3> <h4>Confidence & Self-Worth</h4> <ol style="list-style-type: none">1. What's something about yourself that you're proud of?2. What helps you feel confident when something feels hard?3. What do you think makes everyone unique? <p>Dinner Table Conversation Starters </p>
<h3>JULY</h3> <h4>Feeling Left Out</h4> <ol style="list-style-type: none">1. Have you ever seen someone being left out? What happened?2. What could someone do if they noticed someone sitting alone?3. How does it feel when someone includes you? <p>Dinner Table Conversation Starters </p>	<h3>AUGUST</h3> <h4>Handling Conflict</h4> <ol style="list-style-type: none">1. Have you ever had a disagreement with a friend? How did you work it out?2. What's the best way to apologise when we hurt someone's feelings?3. What do you think makes a problem bigger or smaller? <p>Dinner Table Conversation Starters </p>



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<h3>SEPTEMBER</h3> <h4>Speaking Up</h4> <ol style="list-style-type: none">1. Why do you think it can sometimes be hard to tell an adult when something is wrong?2. Who are three people you could always talk to if something upset you?3. What would make it easier to ask for help? <p>Dinner Table Conversation Starters </p>	<h3>OCTOBER</h3> <h4>Online Safety</h4> <ol style="list-style-type: none">1. What would you do if someone you didn't know tried to message you online?2. How do you decide what's okay to share online and what isn't?3. Why do you think privacy online is important? <p>Dinner Table Conversation Starters </p>
<h3>NOVEMBER</h3> <h4>Empathy</h4> <ol style="list-style-type: none">1. How can you tell when someone is having a tough day?2. What's something small that can help someone feel better?3. Why do you think kindness matters? <p>Dinner Table Conversation Starters </p>	<h3>DECEMBER</h3> <h4>Reflection</h4> <ol style="list-style-type: none">1. What's something kind you did for someone this year?2. What's something you learned about friendship this year?3. What's something you want to do differently next year? <p>Dinner Table Conversation Starters </p>



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YOU ARE NOT ALONE

Bullying support whenever you need it



13 DOLLY (13 36 55) Bullying Support Line

Our Bullying Support Line, 13 DOLLY (13 36 55) offers free counselling, meaning you can talk with a qualified counsellor to get support and advice when you need it. Available over the phone or webchat.

Kids & Young People: Open 24/7

Parents & Carers: Open 6am - Midnight



Bullying Support Hub →

For kids, parents, carers and educators, our bullying support hub offers information and practical resources for dealing with bullying online and offline.



Beacon Cyber Safety App

Free for parents and carers to download from any app store, Beacon is your go-to guide for kids online safety.

