

Conversation Starters for Parents

Talking with Boys About Safety, Boundaries, and Empowerment



Ages 5–9: Early Awareness

- “Do you know what it means to have personal space? What are some ways we can respect each other’s space?”
- “If someone makes you feel uncomfortable, even if they’re just playing, what could you do?”
- “Who are some adults you trust and feel safe talking to?”
- “Your body belongs to you. What are some ways we can keep it safe?”
- “What would you do if someone asked you to keep a secret that made you feel weird or confused?”

Ages 10–13: Building Understanding

- “Have you ever heard the word ‘consent’? What do you think it means?”
- “Sometimes people don’t speak up when something feels wrong. Why do you think that is?”
- “What would you do if a friend told you someone hurt them or made them feel unsafe?”
- “Do you feel like you can talk to me if something ever feels off or confusing?”
- “Let’s talk about what healthy friendships and boundaries look like. What do you think makes someone a good friend?”

Ages 14–18: Deepening the Conversation

- “Have you ever seen or heard something that didn’t feel right, but you weren’t sure what to do?”
- “What do you think makes it hard for boys to talk about their feelings or ask for help?”
- “How do you think we can support friends who have felt unsafe?”
- “Do you feel like schools and adults talk enough about how boys can be affected by abuse?”
- “What does respect look like in a relationship - whether it’s a friendship, dating, or family?”