

Quarantine Questions

CONVERSATIONS FOR YOUNG PEOPLE IN LOCKDOWN

Staying Connected

As the nation faces lock-down, F&BF shares educational dialogue techniques to your home. This series draws on our schools programmes designed to explore the themes of identity, diversity and community through reflection and conversation.

We believe that staying connected and building empathy and understanding remains as important as ever. We've put together some conversation starters for you to use with at home or online with family and friends.

Tips for Dialogue

Respect:
giving people your time and attention. responding with kind language

Active listening:
open body language, listening to understand not respond

Dialogue, not debate:
the aim is to understand more, not to 'win' or even agree

I statements:
speaking from your own perspective and avoiding harmful generalisations

Oops/ Ouch:
acknowledging when you've said something hurtful/ voicing your concern

Covid-19

- How are you feeling about isolation?
- If the country wasn't on lock-down what would you like to be doing?
- Is there anything you miss that you didn't realise you would miss since the lockdown?

Identity

- What value do you hold most dear? Where did it come from and how does it shape your life?
- How do you think society sees you? Does that match who you are?
- What does respect look like to you? What makes you feel comfortable talking about yourself?

Diversity

- Are there any key differences between you and your best friends?
- Are there any groups of people you have misconceptions about? Are there any groups of people about whom you hear stereotypes?

Community

- How have you seen this situation play out differently in people's lives?
- Do you ever feel excluded or see ways in which people are excluded?
- Have you ever been involved in any community initiatives/seen examples of social action that you admire?