

Designed to foster intergenerational understanding around relationships, identity, and boundaries across cultures

**52 OPEN DIALOGUE  
CARDS FOR FAMILIES  
NAVIGATING ADOLESCENCE**

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# FOUNDATIONS OF RESPECT

**1. HOW DO OUR  
FAMILY'S TRADITIONS  
SHAPE YOUR IDEAS  
ABOUT LOVE—AND  
WHERE DO YOU WANT TO DIFFER?**

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# FOUNDATIONS OF RESPECT

**2. WHAT NONVERBAL  
CUES (PAUSE, BODY LANGUAGE,  
TONE) HELP YOU  
KNOW WHEN SOMEONE'S  
UNCOMFORTABLE?**

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# FOUNDATIONS OF RESPECT

**3. WHEN HAVE YOU  
MODELLED CONSENT WITHOUT  
USING THE WORD—LIKE  
SHARING SNACKS OR  
PERSONAL SPACE?**

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# DIGITAL BOUNDARIES

**4. HOW WOULD YOU  
HANDLE A FRIEND  
PRESSURING YOU TO SEND  
PHOTOS THEY LATER MISUSE?**

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# DIGITAL BOUNDARIES

**5. WHAT ONLINE INTERACTION  
MADE YOU RETHINK  
HOW YOU PRESENT  
YOURSELF—OR JUDGE OTHERS?**

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# DIGITAL BOUNDARIES

**6. WHEN DOES 'JUST JOKING' IN GROUP CHATS CROSS INTO HARMFUL TERRITORY—AND HOW DO YOU INTERVENE?**

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# CULTURAL BRIDGES

**7. WHAT DATING  
CUSTOM FROM OUR CULTURE FEELS  
EMPOWERING—AND WHAT FEELS  
RESTRICTIVE TO YOU?**

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# CULTURAL BRIDGES

**8. HOW CAN WE  
HONOUR ELDERS' WISDOM WHILE  
DISCUSSING LGBTQIA+  
IDENTITIES THEY MISUNDERSTAND?**

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# CULTURAL BRIDGES

**9. WHAT FAMILY EXPECTATION  
ABOUT MARRIAGE  
TIMELINES NEEDS RE-EXAMINING  
FOR YOUR GENERATION?**

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# BODY AUTONOMY

**10. HOW CAN I  
SUPPORT YOUR BODILY  
CHANGES WITHOUT  
MAKING YOU FEEL SCRUTINISED?**

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# BODY AUTONOMY

**11. WHAT MEDICAL CONVERSATION  
(PERIODS, AROUSAL,  
ERECTIONS, ETC.) FEELS  
HARDEST TO HAVE  
WITH THE OPPOSITE GENDER PARENT?**

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# BODY AUTONOMY

**12. WHEN DO HEALTH  
CLASSES CLASH  
WITH OUR CULTURAL  
VALUES—AND HOW SHOULD WE  
NAVIGATE THAT?**

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# IDENTITY EXPLORATION

**13. WHAT FRIEND'S GENDER  
OR SEXUAL  
IDENTITY JOURNEY  
TAUGHT YOU SOMETHING  
ABOUT YOURSELF?**

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# IDENTITY EXPLORATION

**14. HOW CAN WE SAFELY  
EXPLORE YOUR  
CURIOSITY ABOUT \_\_\_\_\_  
[CULTURE/RELIGION/IDEOLOGY]  
DIFFERENT FROM OURS?**

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# IDENTITY EXPLORATION

**15. WHAT PERSONALITY TRAIT FEELS CORE TO YOU NOW—THAT YOU'RE AFRAID OTHERS MIGHT DISMISS AS 'A PHASE'?**

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PEER PRESSURE  
& POWER

**16. WHAT HARMLESS  
TEEN TREND  
ACTUALLY REVEALS  
UNHEALTHY POWER DYNAMICS  
IF YOU LOOK CLOSER?**

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PEER PRESSURE  
& POWER

**17. HOW WOULD  
YOU REJECT SOMEONE'S  
ADVANCE WITHOUT  
HUMILIATING THEM—OR  
COMPROMISING YOUR SAFETY?**

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# PEER PRESSURE & POWER

**18. WHEN DOES  
'HELPING' A FRIEND WITH  
RELATIONSHIP ADVICE BECOME  
'OVERSTEPPING'?**

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# FAMILY ROLE MODELS

**19. WHAT HEALTHY  
CONFLICT RESOLUTION  
HAVE YOU SEEN BETWEEN RELATIVES  
THAT WE SHOULD EMULATE?**

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# FAMILY ROLE MODELS

**20. HOW DO OUR  
GENDERED HOUSEHOLD  
RESPONSIBILITIES  
INFLUENCE YOUR VIEW OF PARTNERSHIP?**

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# FAMILY ROLE MODELS

**21. WHAT OUTDATED  
BELIEF ABOUT RELATIONSHIPS  
DO YOU HOPE TO END  
WITH YOUR GENERATION?**

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# RISK & SAFETY

**22. WHAT SAFETY APP OR  
CODE WORD WOULD MAKE YOU  
MORE LIKELY TO CALL FOR HELP  
IN A RISKY SITUATION?**

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# RISK & SAFETY

**23. HOW DOES OUR  
IMMIGRATION BACKGROUND  
AFFECT YOUR TRUST IN AUTHORITIES IF  
HARASSMENT OCCURS?**

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# RISK & SAFETY

**24. WHAT 'MINOR' BOUNDARY VIOLATION (CATCALLING, UNSOLICITED FLIRTING) ACTUALLY WARRANTS ADULT SUPPORT?**

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# LOVE LANGUAGES

**25. HOW DOES OUR CULTURE'S STOICISM OR EXPRESSIVENESS HELP/HINDER YOUR ABILITY TO ARTICULATE NEEDS?**

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# LOVE LANGUAGES

**26. WHAT GESTURE FROM A FRIEND MADE YOU FEEL DEEPLY CARED FOR—WITHOUT ROMANTIC OVERTONES?**

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# LOVE LANGUAGES

**27. WHEN DOES GIFT-GIVING IN  
RELATIONSHIPS FEEL GENEROUS  
VERSUS MANIPULATIVE  
IN YOUR EYES?**

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# FUTURE VISIONS

**28. WHAT PARENTING APPROACH OF OURS WOULD YOU WANT TO CARRY INTO YOUR FUTURE RELATIONSHIPS?**

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# FUTURE VISIONS

**29. HOW MIGHT YOUR MIXED HERITAGE SHAPE YOUR APPROACH TO MARRIAGE OR LIFELONG PARTNERSHIPS?**

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# FUTURE VISIONS

**30. WHAT UNREALISTIC RELATIONSHIP  
STANDARD FROM SOCIAL  
MEDIA WILL YOU  
CONSCIOUSLY REJECT?**

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# FAITH & VALUES

**31. WHAT SPIRITUAL  
TEACHING ABOUT LOVE  
RESONATES WITH YOU—AND  
WHAT FEELS DISCONNECTED FROM REALITY?**

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FAITH & VALUES

**32. HOW CAN OUR  
RELIGIOUS COMMUNITY  
BETTER SUPPORT LGBTQIA+  
YOUTH WITHOUT JUDGEMENT?**

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# FAITH & VALUES

**33. WHEN DOES CULTURAL  
'RESPECT FOR ELDERS'  
PREVENT YOU FROM  
REPORTING INAPPROPRIATE BEHAVIOUR?**

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# FRIENDSHIP FOUNDATIONS

**34. WHAT PLATONIC  
FRIENDSHIP TAUGHT YOU MORE  
ABOUT HEALTHY BONDS THAN ANY  
ROMANCE COULD?**

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# FRIENDSHIP FOUNDATIONS

**35. HOW DO YOU  
SUPPORT FRIENDS WHOSE RELATIONSHIP  
CHOICES CLASH WITH THEIR  
FAMILY'S VALUES?**

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# FRIENDSHIP FOUNDATIONS

**36. WHAT TOXIC FRIENDSHIP  
PATTERN ARE YOU DETERMINED  
NOT TO REPEAT IN  
ROMANTIC RELATIONSHIPS?**

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# MEDIA LITERACY

**37. WHAT MOVIE  
ROMANCE NORMALISES  
POSSESSIVENESS AS 'PASSION'—AND  
HOW WOULD YOU REWRITE IT?**

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# MEDIA LITERACY

**38. HOW DOES K-POP BEAUTY CULTURE OR WESTERN INFLUENCERS IMPACT YOUR SELF-ESTEEM IN RELATIONSHIPS?**

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# MEDIA LITERACY

**39. WHAT VIRAL RELATIONSHIP  
'CHALLENGE' PROMOTES  
ACTUAL HARM  
DISGUISED AS HUMOUR?**

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# GROWTH & REPAIR

**40. WHAT HEARTFELT APOLOGY  
FROM A FRIEND SHOWED  
YOU HOW TO TAKE  
ACCOUNTABILITY?**

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GROWTH & REPAIR

**41. HOW CAN WE  
DISCUSS YOUR RELATIONSHIP  
MISTAKES WITHOUT  
YOU FEELING SHAMED?**

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# GROWTH & REPAIR

**42. WHEN DOES 'PRIVACY' BECOME  
SECRECY—AND HOW WILL WE  
REBUILD TRUST  
IF LINES ARE CROSSED?**

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# GLOBAL PERSPECTIVES

**43. HOW DOES OUR  
DIASPORA EXPERIENCE  
SHAPE YOUR VIEW OF DATING  
LOCALS VERSUS INTERNATIONALS?**

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# GLOBAL PERSPECTIVES

**44. WHAT TRADITION FROM ANOTHER CULTURE'S COMING-OF-AGE RITUALS COULD IMPROVE OUR COMMUNITY?**

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# GLOBAL PERSPECTIVES

45. HOW DO GLOBAL CRISES (CLIMATE  
**CHANGE, WARS**)  
INFLUENCE YOUR THOUGHTS  
ABOUT FUTURE FAMILIES?

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CELEBRATION & JOY

**46. WHAT NON-ROMANTIC  
RELATIONSHIP  
IN YOUR LIFE DESERVES CELEBRATION  
FOR ITS STEADY SUPPORT?**

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CELEBRATION & JOY

**47. HOW CAN WE  
MAKE OUR HOME A SAFE SPACE  
FOR YOUR FRIENDS  
EXPLORING DIVERSE IDENTITIES?**

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CELEBRATION & JOY

**48. WHAT CULTURAL FESTIVAL'S PORTRAYAL OF LOVE ALIGNS WITH YOUR IDEAL VISION OF PARTNERSHIP?**

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# BRIDGING GENERATIONS

**49. WHAT RELATIONSHIP  
QUESTION DO YOU  
WISH YOUR GRANDPARENTS  
UNDERSTOOD ABOUT YOUR WORLD?**

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# BRIDGING GENERATIONS

**50. HOW CAN I  
SHARE MY ADOLESCENT  
REGRETS WITHOUT SOUNDING  
LIKE I'M DICTATING YOUR CHOICES?**

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# BRIDGING GENERATIONS

**51. WHAT OUTDATED  
TERM ('BOYS DON'T CRY', 'GIRLS  
MUST BE MODEST') NEEDS  
RETIRING?**

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# BRIDGING GENERATIONS

**52. WHEN DID YOU  
FIRST REALISE RELATIONSHIPS  
REQUIRE UNLEARNING  
AS MUCH AS LEARNING—AND  
WHAT SPARKED THAT?**

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Shuffle. Listen. Learn. Grow.

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TRUST ACROSS GENERATIONS,  
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