


# Sample Discussion Guide

Below is a sample of a part of the Discussion Guide you get once you've completed the Thriving Kids Roadmap questionnaire. Use it to facilitate great conversations with your kids. You may be surprised by the results!



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## 2. The Family Questionnaire Discussion Guide

Talking together about the stuff that really matters can be challenging in some families. You may get so caught up in all the activities and everyday to-do lists that you don't think of talking about "deeper stuff." Or you may just not have a good opportunity to bring up the deeper topics. The result is that we sometimes fail to really talk about stuff until there's a real crisis.

The Thriving Kids Roadmap Questionnaire gives a great opportunity to have a conversation (or series of conversations) about things that really matter in growing up. You'll learn more about each other's lives and priorities. You'll find new ways you can grow closer together as a family while also linking with others who mean a lot to you.

This family discussion guide focuses on deepening your understanding of the questionnaire results and-by extension-each other. That understanding lays the foundation for the concrete and practical-action planning that follows. Resist the temptation that some people have to jump into action before they fully understand the results. It's important that every person in the family has had an opportunity to sort through the results for themselves. It's also important to talk together about similarities and differences so that this additional dialogue shapes your action planning.

**Review the assets.** The whole Thriving Kids Roadmap program is based on the 40 Developmental Assets. So it's important that everyone have a basic understanding of the assets as you seek to interpret your results. However, you don't have to remember all 40. (It's a lot!) Thriving Kids Roadmap breaks the assets into bite-sized categories. Review the [list of assets and the eight categories](#). Note the following:

- The assets focus on the positive things that research shows all young people need in their lives to grow up healthy, caring and responsible. So paying attention to assets can make a big difference.
- The assets are organized into eight categories: Support; Empowerment; Boundaries and Expectations; Constructive Use of Time; Commitment to Learning; Positive Values; Social Competencies; and Positive Identity. The Thriving Kids Roadmap questionnaire results and action planning guides are based on these eight categories.

**Have preteens/teens each review their own results privately.** Give them a chance to think about what the results say and whether they have concerns about what they see. Address those concerns privately before you bring the whole family together to talk and plan. If a preteen/teen doesn't want his or her detailed results shared and discussed with the other family members, respect that request. However, you'll likely find that they'll open up as they listen to other conversations and experience the positive focus of the discussion.

**Create a time and space that encourages positive, open and honest communication.** Set aside at least 30 to 60 minutes initially to talk about your family's questionnaire results. (Put it on the calendar in advance so that no one is surprised or has to cancel other plans. If you need more time, you can schedule it later.) Turn off the television, phones, email, text messaging and other distractions. Agree not to answer the door if someone knocks. Get together in a room where everyone feels comfortable.

**Open with devotions and prayer.**

**Establish expectations for a positive family conversation.** Some people in the family may be nervous about the questionnaire. It feels like a test, and they're