

## MAKING MEALS MEANINGFUL

### Dr. Karyn Gordon's Discussion Tips for Parents

A great way to start the conversation before diving into the Making Meals Meaningful questions is through **Story Telling**. Kids in particular love to hear stories of when we were little - makes us more human, helps them to get to know us and makes this content more relatable.

Try to share stories of the different topics in different age groups - get ready as they may want to hear the same stories over and over again! Try to also add any elements of humour in the story (boys in particular love humour).

#### Here are some simple ways to get started:

- When I was a little girl ...
- When I was in elementary school ...
- When I was in high school ...
- When I was in college / university ...
- As an adult ...



When you have other people over (grandparents, aunts, uncles) try to get them to ask the questions and to share stories about growing up. Once again – it allows our kids to get to know their extended family on a deeper level.

Remember that these types of meaningful questions – must not only be asked / shared at the dinner table. Look for other times to strike up a conversation (driving, while cooking, at night when tucking them in) so it becomes part of your family culture.

To build trust – keep whatever they tell you confidential! If they think you will tell your friends what they share with you – they will likely not talk!

#### Here are some examples for each category to get you started:

## BULLYING

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### 1. Parents, can you think of a time when you were in elementary school and /or high school, and you saw someone bullied?

Tell the details (that you think are age-appropriate). What happened? Where were you? Who was with you? How did you respond? How did you wish you responded? How did you feel? Did you tell an adult or not? Why did you make that choice?

### 2. Parents, can you think of a time when you were in elementary school and / or high school, and you were teased and / or bullied?

Tell the details (that you think are age-appropriate). What happened? Where were you? Who was with you? How did you respond? How did you wish you responded? How did you feel? Did you tell an adult or not? Why did you make that choice?

**3. Parents, can you think of a time as an adult that someone tried to bully you?**

Tell the details (that you think are age-appropriate). What happened? Where were you? Who was with you? How did you respond? How did you wish you responded? How did you feel? Did you tell an adult or not? Why did you make that choice?

## **SOCIAL MEDIA**

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**1. Parents, can you think of a time when social media hurt you personally?**

Tell the details. What happened? How did you respond? How did you wish you responded? How did you feel?

**2. Parents, can you think of a time when someone you know (perhaps a friend's child) was cyber bullied?**

Tell the details (assuming its not confidential). What happened? How did they respond? How do you think they felt?

## **PEER PRESSURE**

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**1. Parents, can you think of a time when you were in elementary school and you were pressured by others to do something you knew was wrong?**

Tell the details (that you think are age-appropriate). What happened? Where were you? Who was with you? How did you respond? How did you wish you responded? How did you feel?

**2. Parents, can you think of a time when you were in high school and you were pressured by others to do something you knew was wrong?**

Tell the details (that you think are age-appropriate). What happened? Where were you? Who was with you? How did you respond? How did you wish you responded? How did you feel?

**3. Parents, can you think of a time as an adult and you were pressured by others to do something you knew was wrong?**

Tell the details (that you think are age-appropriate). What happened? Where were you? Who was with you? How did you respond? How did you wish you responded? How did you feel?

## **DRUGS / ALCOHOL**

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**1. Parents, can you think of a time when you were in school and you were first pressured by others to try drugs / alcohol? What did you do?**

Tell the details (that you think are age-appropriate). What happened? Where were you? Who was with you? How did you respond? How did you wish you responded? How did you feel? Did you tell your parents?

**2. Parents, can you think of a time when you had a friend who was trying drugs or alcohol?**

Tell the details (that you think are age-appropriate). What happened? How did you respond? What do you wish you did or said differently?