



Questions for Discussion to be used either at the Kiddush or Shabbat table

Conversation Prompts for Families About Healthy Relationships

- How do you show someone you love them?
 - What does *shalom bayit* (peace in the home) look like for you?
- Look at everyone around your table. What do you know about each person? Can you name their favorite food or hobby?
- What are some ways you could make the day better for someone close to you?
 - Is it ever difficult to receive a compliment?
 - What loving rituals does your family have? If there are none, what are some that you could start?
- What makes you a good friend? What do you do when someone isn't being a good friend?
 - What do you do when you feel upset with someone or when someone hurts your feelings?

Conversation Prompts for Adults on Intimacy, Sexuality, and Healthy Relationships

- How was sexuality addressed, or not addressed, in your family of origin? How do you think that affects what you bring to the sexual dimension of a relationship now?
- Is it easy or awkward to discuss sex in your relationship? What would make it less challenging and more comfortable?
- Name three important things couples can do for each other to maintain *shalom bayit* – peace in the home. What is important to you?
- What are three things you admire most about your partner? How do you let them know?

Child Safety

- Would you talk online with someone you did not know in person?
- Have you ever been upset or uncomfortable with someone? How did you handle it?
- What qualities do you think make someone a “trusted adult”? Who are the trusted adults in your life?
- Why do you think it’s important to check first with me or another adult in charge before going somewhere or changing plans?
- What would you do if someone you didn’t know offered you a ride?
- What could you do if someone tried to touch you in a way that makes you uncomfortable?

Teen Violence

- Why do you think teens get involved in unhealthy relationships?
- Why do some people see “drama” as romantic?
- What are qualities of a healthy relationship?
- Who are some trusted adults you could talk to if you were concerned or scared?

Elder Abuse

- If an older person were being abused or neglected, would you know how to recognize the signs?
- Do you have any personal experiences with an older person you thought might be abused or neglected? What happened? What actions did you take if you were directly involved?
- If an older congregant told you they were being financially exploited or physically, emotionally or sexually abused by a relative or acquaintance, what would you say to that person? What might be the wrong thing to say?
- Why do you think an older person who was being abused or exploited might not want to tell anyone or report it? Should you honor those wishes? When would it be wrong to do so?