



School type: Middle School, High School

Activity goal:

Give students and staffulty a way to privately request a conversation

Prep time:

N/A

People required: N/A

Space requirements: N/A

Timing: At beginning of year or semester

Materials:

Printed "Can We Talk" Cards or digital image

Cost:

\$2.00 per pack of 100 or print your own, or free digital image

Submitted by:

Jostens Renaissance Education

OVERVIEW

Sometimes we know we could use a conversation with someone, but it's hard to ask for help privately. These cards provide a way to reach out in a fun and light way and make it an established part of your culture to do so.

INSTRUCTIONS – PRINTED CARDS

- 1. Obtain a pack of "Can We Talk" Cards at JostensRenaissance.com/store, or use the master template to make copies on white cardstock.
- 2. Talk with staffulty about how the cards can be used, and give them enough for every student and adult to have one. Even if they don't get used often, they send a message that it's a good thing to reach out for help. Receiving one should be seen as an honor, that someone cares and trusts you enough to want to talk. Offer some examples:
 - A student can give one to a teacher, so the teacher can pull them out of class and meet in the office.
 - A teacher can give one to a student, so the student can casually stop by when there aren't other students around.
 - A teacher can give one to the principal, so a time that fits in both schedules can be found.
 - An aide can give one to a department chair to discuss an issue in a classroom.
- 3. When the conversation has been had, the card can be returned, or keep a supply in the office so a new one can be picked up.
- 4. Offer a card to any new student or educator coming into the school. Be sure to explain how they work and encourage them to use them.

INSTRUCTIONS – REMOTE USE

- 1. Post the digital image on your shared resources pages for students and educators, to be used in emails or chats with individuals.
- Explain to all the need to ask for help, and offer this as a positive way to reach out. Use the examples above to reinforce a culture where everyone feels encouraged to speak up when they need support.