



Brave Conversations

Brave Conversations Series: Body Image and Self Worth

25 Questions to Get the Discussion Going

That's why House of Hope created these Brave Conversation Cards: Body Image & Self-Worth—to help parents and teens have healthy conversations about confidence, comparison, identity, and self-worth. Simply print the cards, cut them out, and use them during everyday moments together. A simple question can open the door to deeper trust, encouragement, and connection. The goal is simply to help teens feel valued for who they are—not just how they look.

Today's teens face pressure from every direction. Teens today face constant comparison, pressure, and unrealistic expectations about appearance, identity, and worth.

Many struggle silently with confidence, insecurity, and feeling like they're not enough.

Let's start the conversation!!



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Question:

What activities make you feel strong or capable?

Question:

What makes you feel comfortable in your own skin?

Question:

When do you feel most confident?

Question:

What's something you like about yourself?



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Question:

What makes you feel pressure to look a certain way?

Question:

What messages about appearance feel unfair?

Question:

What makes comparison harder today?

Question:

Do you ever compare yourself to others?



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Question:

What makes you feel valued?

Question:

What do you wish adults
understood about body image?

Question:

What makes you doubt yourself?

Question:

What helps you feel good
about yourself?



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Question:

What makes you feel worthy?

Question:

What helps you feel accepted?

Question:

What makes you feel respected?

Question:

What do you like about
your personality?



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Question:

What's something you
appreciate about your body?

Question:

What would self-confidence look
like for you?

Question:

What helps you feel confident
from the inside?

Question:

Who helps remind you of
your value?



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Question:

(Choose Your Own)

Question:

(Choose Your Own)

Question:

What helps you feel hopeful?

Question:

What helps you feel thankful?



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