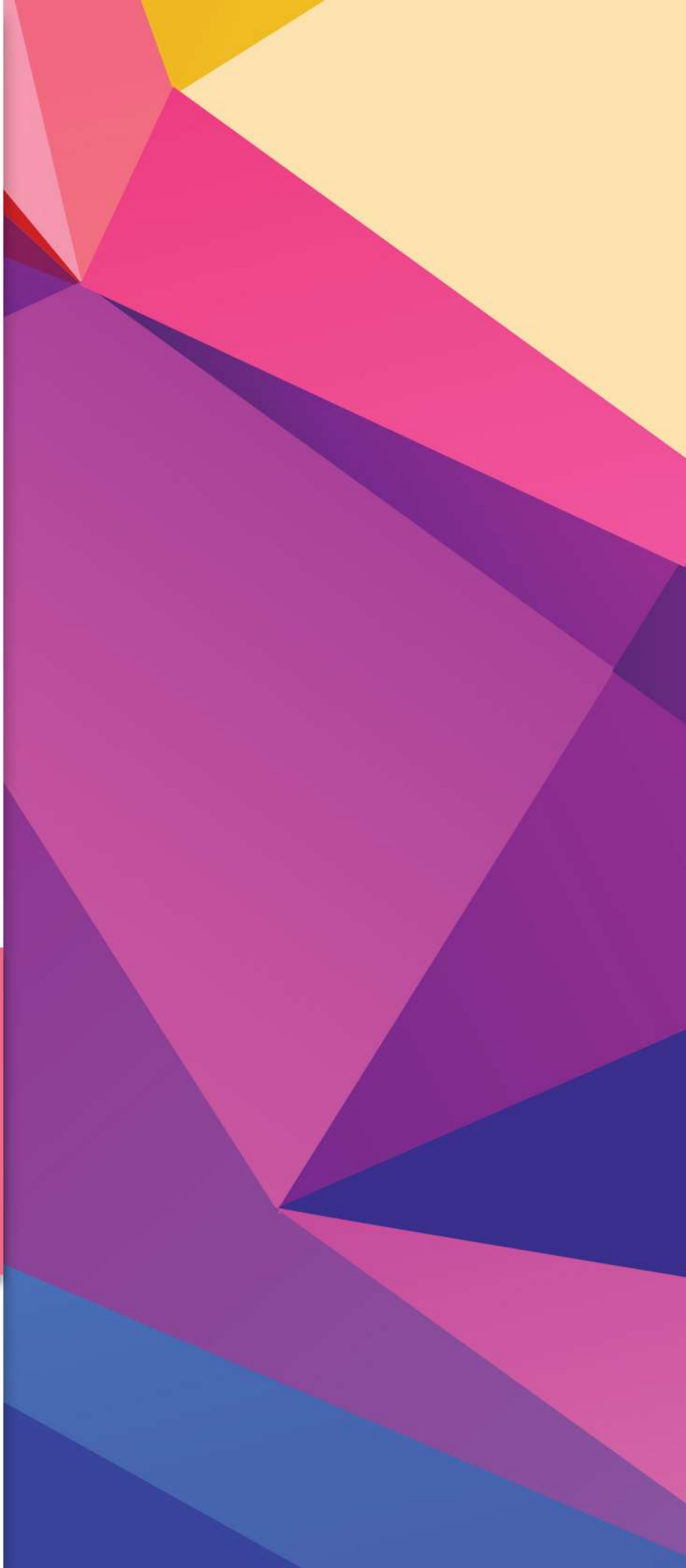


Youth Engagement:  
**Opening the Door  
to Difficult  
Conversations**

Toolkit

Module 2:  
**Move into  
the Circle**



## Opening the Door to Difficult Conversations Toolkit© Module 2: Move into the Circle

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# Opening the Door to Difficult Conversations Toolkit

## Module 2: Move into the Circle

### Background

Move into the Circle is a simple activity that asks youth to respond to a statement by moving forward into the circle if they agree with the statement, backwards if they disagree, or remaining in place if they're unsure of their response, or not comfortable responding to the statement. If there are youth who are not able to stand or move about freely, come up with a plan together for how they can participate in the activity.

This activity can be used as an icebreaker, or to change the pace by getting everyone moving. It can be used to start conversations. Most important, it helps group members get to know each other, and is a visual way of letting participants see similarities and differences with their peers.

For example:

- Fun – Move into the circle if you like chocolate milk.
- Serious – Move into the circle if sometimes you feel a bit lonely.

Below is a list of Move into the Circle statements in three categories (light, medium, and strong). The light statements are designed to be silly and fun. Using the medium and strong categories takes the participants a bit deeper and into more serious or thoughtful territory. Facilitators can use Move into the Circle anytime a session needs a boost and they may also want to develop some specific statements that relate to the session.

### Materials

- Move into the Circle statements, see below.

### Activity

Ask everyone who can to stand to form a circle.

Go over the rules of movement. You will read a statement. Youth will step into the circle for if they agree with the statement out of the circle if they disagree with the statement. Youth can stay still if they don't know or don't want to answer. For agreement or disagreement, youth can show how much they agree or disagree with a statement by the size of their step into or out of the circle.

As you move to more serious statements, remind participants they have the option of not moving if they're not comfortable responding.

If you are using deeper questions, start off and end with a lighter question to relieve tension and refocus.

If there are strong reactions or interesting reactions to the statements, have everyone freeze and do some probing. For example, if you ask youth to move into the circle if they think they will feel comfortable talking to their kids about sexual health and very few participants move in, ask them why they think this will be an uncomfortable task.

If no one, or very few youth move into the circle, ask some volunteers why they didn't move in. If lots of youth move in, ask some volunteers why they think it will be easy. Use the responses to generate some quick discussion.

### Lighter Questions

Move into the circle if...

- You have brothers or sisters
- You like your brothers or sisters
- You are active in sports; stay in the circle if you think you're good at sports
- You play video games; stay in the circle if you think you're good at video games
- You play an instrument
- You think you're a good singer
- You think you're a good dancer
- As a teenager, you've ever thrown up on someone
- You've ever had a conversation with a pet
- You've dreamed about flying
- You've dreamed about falling
- You like walking in the rain
- You eat fast food at least once a week
- You eat fast food almost every day
- You've ever broken a bone
- You've got any scars
- You usually look at your reflection when walking by a mirror or window
- You help care for someone
- You're allergic to anything
- You believe in Santa Claus
- You've ever gone camping
- You were born somewhere other than Saskatchewan
- You've ever been so scared watching a movie that you covered your eyes
- You know how to cook a few things
- You've ever taken more than 20 selfies to get one just right for posting
- You like playing with LEGO
- You're an amazing cook
- You still sleep with a stuffed animal
- A parent or guardian has ever caught you swearing
- You think puberty has been amazing so far (or not so amazing, so far)
- You like lying down outside and watching the stars
- You think there's a perfect age to be in life

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- You would eat bugs
- You were scared of something as a kid, but not anymore
- You've ever been sad throwing away a worn out but favourite piece of clothing

### Mid-Range Questions

Move into the circle if...

- You have ever felt awkward and out of place
- You think you're a risk taker
- You would try skydiving
- You've told a parent or guardian you're going someplace, and you went to another place
- You've ever been lost
- You've ever run away from home
- You've ever physically assaulted an object
- You are from a single parent home
- You think people your age have a tough time in our society
- It's okay to talk about sex in your family
- You feel comfortable talking to a parent or guardian about personal problems
- You feel comfortable talking to friends about personal problems
- You think you're someone who can be trusted
- You're feeling weird or self-conscious right now
- You feel uncomfortable around anyone in this circle
- You've gotten so angry that you've hit another person
- You're worried about someone in your life
- You think you'll ever be powerful (not so much physical power, but influence)
- You think you're a role model to anyone
- You treat people the way you'd want people to treat you
- You think you're good at getting what you want
- You know someone who's gay, lesbian, bisexual, transgender, non-binary or gender diverse
- You've ever had to spend a night in the hospital
- You miss someone in your life who's no longer here
- You miss someone in your life who's here, but you're not in contact with that person anymore
- You have some adults in your life that you can trust
- You think you get enough sleep
- You think you'll feel comfortable talking to your kids about sex
- You've ever had doubts about your abilities and skills
- You have a habit of holding anger inside
- You wished you acted differently sometimes
- You think you could restart/reboot/redo a relationship with someone
- You're more likely to think about the future than reflect on the past
- You're more likely to follow than lead
- You're more likely to compliment people, than insult them
- It would be cool to have a twin
- You think it's okay to be selfish sometimes

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- You've ever broken someone's heart
- You're too young to be in a serious relationship

### Deeper Questions

Move into the circle if...

- For any reason, you've cried about something in the past year or so
- You ever worry about something so much you can't get to sleep
- You are in a relationship
- You think you're happy most of the time
- You have been a victim of a bully
- You've bullied someone
- You ever feel lonely
- You've ever been drunk
- You've ever been stoned
- You have nightmares sometimes
- You have ever stood up against something that is unfair, wrong, or hurtful to someone else
- You wish you were closer to a parent or guardian
- You think life is going the way you want it to go
- You believe you can help a friend become healthier
- You think you're trying to live up to the reputation of another person in your family
- You would like to change things about your body
- You've ever been pressured into trying alcohol or other drugs
- You've ever pressured someone else to try alcohol or other drugs
- You're worried about your future
- You think you'll be a good parent
- You think you can change the world
- You'd say yes to a queer friend who needed a date to a wedding or an event (just as friends)
- You think you can be powerful without being mean
- You're in the process of/or thinking about changing something about yourself
- You think people have the wrong impression of you, or don't understand you
- You're proud of who you are right now
- You ever stir up drama on purpose
- You sometimes have problems in your life, and you don't know how to deal with those problems
- You've got a bad habit that you'd like to change
- You think you know what love feels like
- You're good at cheering someone up
- You think your life, so far, would make a good movie
- You think young people have trouble reaching out for help
- You enjoy being alone sometimes