

MODULE 3: HAVING THE CONVERSATION

QUICK REFERENCE CARD

COACHING MINDS • CHANGING LIVES

1 INITIATE A CHECK-IN WITHOUT OVERTHINKING WHAT TO SAY

Find a private moment: After practice • During film review • Quiet corner of gym

Sit shoulder to shoulder, not face to face — it feels less confrontational

Start simple: *"I've noticed you seem different lately. I'm here if you want to talk."*

Remember: You don't need perfect words. You just need to start.

2 RECOGNIZE RESPONSES THAT HELP VS. SHUT PLAYERS DOWN

X WHAT SHUTS IT DOWN

MINIMIZING

"Everyone goes through tough times."

COMPARING

"Other kids have it worse."

FIXING

"Here's what you need to do..."

✓ WHAT OPENS THE DOOR

NOTICING

"I've noticed you seem different."

ASKING

"What's going on?"

LISTENING

Let them talk. Don't fill the silence.

3 APPLY A SIMPLE 3-STEP APPROACH WHEN YOU NOTICE WARNING SIGNS

THE SEE → SAY → STAY FRAMEWORK

SEE

"I've noticed you seem different."



SAY

"I care about you.
What's going on?"



STAY

"I'm here.
You're not alone."

That's it. That's the conversation.

MODULE 3: QUICK REFERENCE CARD

Continued

4 ASK DIRECT QUESTIONS WHEN SAFETY IS A CONCERN

If you're worried they might hurt themselves — ask directly:

"Are you thinking about hurting yourself?"

You won't "put the idea in their head." By asking, you're giving them a way out.

IF THEY SAY YES:

- Don't leave them alone
- Stay calm — your presence matters
- Connect them to help (see Module 4)

IF THEY SAY "I'M FINE":

- Don't push or interrogate
- Leave the door open:

"I'll check back in with you tomorrow."

KEY REMINDERS

- ✓ Listen more than you talk — let silence happen
- ✓ Privacy creates safety — find a quiet moment
- ✓ Even if they walk away today, you're still there tomorrow
- ✓ Your presence matters more than perfect words

988 SUICIDE & CRISIS LIFELINE

Call or text 988 — Available 24/7

**You don't need perfect words.
You just need to start talking.**