

INSTRUCTIONS

These cards are designed to spark meaningful conversations. You can play with up to 4 people or as an individual reflection tool.

The cards are categorised into the United Nation's SDGs to ensure these conversations aren't just engaging but also productive.

Warning: These cards discuss sensitive social issues.

Follow these steps to get the best out of your convo:

- Select a card at random or pick from a topic that resonates with you
- Read the question aloud
- If you are unsure of particular concepts or terminology, please visit UNICEF Australia's resources page
- Reflect on your initial reactions to the question and then discuss these together
- Be sure to actively listen to other participants and don't interrupt
- Scan the QR code or visit www.u-speak.org/log-convo and follow the prompts for your conversation to have a real impact!
- Ensure everyone in the group logs their unique opinion
- Be sure to share your experience and insights on Instagram and TikTok! #USPEAK



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1

HOW CAN WE STAY SAFE FROM COVID-19 AS WE RESUME INTERACTIONS IN PUBLIC SPACES?



3 GOOD HEALTH
AND WELL-BEING





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2

WHAT FACTORS INFLUENCED YOUR DECISIONS SURROUNDING THE COVID-19 VACCINE?



3 GOOD HEALTH
AND WELL-BEING





3

WHAT IMPACTS YOUR
ABILITY TO MAINTAIN A
HEALTHY LIFESTYLE AND
HOW HAS IT CHANGED
OVER THE PAST YEAR?



3 GOOD HEALTH
AND WELL-BEING





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4

HOW HAS YOUR MENTAL
HEALTH CHANGED OVER
THE COURSE OF THE
PANDEMIC? WHAT HAS
INFLUENCED THIS?





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5

WHAT HABITS DID YOU
IMPLEMENT DURING THE
PANDEMIC TO MAINTAIN
HEALTHY RELATIONSHIPS?





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6

HAS INCREASED SCREEN
TIME POSITIVELY OR
NEGATIVELY AFFECTED
YOUR ROUTINE? HOW?





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7

IF ANY, WHAT POSITIVES
CAME OUT OF COVID-19
AND THE ASSOCIATED
LOCKDOWNS?





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8

HOW DO YOU THINK THE COVID-19 PANDEMIC HAS AFFECTED THE NATURAL ENVIRONMENT?





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9

DO YOU THINK HEALTH CARE WORKERS ARE TREATED APPROPRIATELY IN SOCIETY? HOW CAN WE DO BETTER?





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10

HOW COULD YOUNG AUSTRALIANS HAVE BEEN BETTER CONSIDERED IN THE COVID-19 RESPONSE?





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11

IF ANY, WHICH SOCIETAL
ISSUES HAVE BECOME
MORE PROMINENT
DURING THE PANDEMIC?



3 GOOD HEALTH
AND WELL-BEING



10 REDUCED
INEQUALITIES



12

IF ANY, WHAT HELP DID YOU
RECEIVE FROM YOUR
EDUCATIONAL INSTITUTION
OR WORKPLACE IN THE
TRANSITION TO ONLINE
ENVIRONMENTS DURING
THE PANDEMIC?





13

HOW HAS WORKING
ONLINE CHANGED YOUR
PERSONAL CONNECTIONS
WITH YOUR COLLEAGUES
OR PEERS?





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14

HOW DO YOU THINK THE
PANDEMIC HAS IMPACTED
YOUNG CHILDREN WHO
HAVE EXPERIENCED
LOCKDOWNS?





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15

HAS THE IMPACT OF THE
PANDEMIC DEMONSTRATED
TO YOU THE VALUE OF
RESILIENCE?
WHY OR WHY NOT?





16

DO YOU THINK PEOPLE
WITH A DISABILITY WERE
INCLUDED SUFFICIENTLY
IN THE COVID-19
RESPONSE?





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17

DO YOU THINK ELDERLY
AUSTRALIANS WERE
SUFFICIENTLY
INCLUDED IN THE
COVID-19 RESPONSE?



3 GOOD HEALTH
AND WELL-BEING



10 REDUCED
INEQUALITIES





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18

WHAT ARE THE MOST
SUCCESSFUL INITIATIVES
YOU HAVE SEEN THAT
COMBAT MENTAL
ILLNESS DURING THE
PANDEMIC?





COVID-19 WORD SEARCH



Welcome to the Covid-19 Word Search! How many words can you find? Hint: words can go in any direction.

- Distancing
- Infectious
- Outbreak
- Restrictions
- Vaccine
- Epidemiology
- Lockdown
- Pandemic
- Swab
- Virus
- Immunity
- Masks
- Quarantine
- Transmission



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DO YOU THINK
SYSTEMIC RACISM IS
APPROPRIATELY
ADDRESSED IN
AUSTRALIA?



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





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21

WHAT DO YOU THINK POVERTY LOOKS LIKE IN AUSTRALIA?



10
REDUCED
INEQUALITIES



1
NO
POVERTY



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22

WHAT DO YOU THINK
DISCRIMINATION LOOKS
LIKE IN AUSTRALIA?

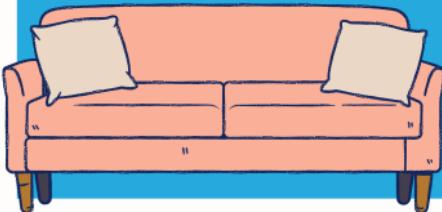




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TO WHAT EXTENT ARE YOU
AWARE OF YOUTH
HOMELESSNESS IN
AUSTRALIA? WHAT WOULD
YOU LIKE TO LEARN MORE
ABOUT?



10
REDUCED
INEQUALITIES



1
NO
POVERTY



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24

WHAT DO YOU THINK IS
THE DRIVING CAUSE
BEHIND HOMELESSNESS
IN AUSTRALIA?





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25

HOW CAN WE SUPPORT AND ELEVATE THE VOICES OF MARGINALISED COMMUNITIES?



10 REDUCED
INEQUALITIES

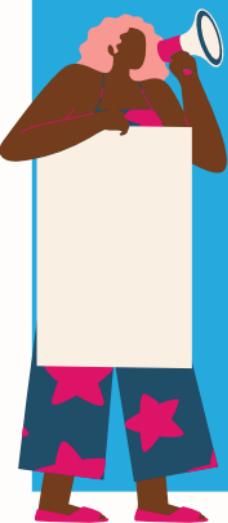




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HOW CAN WE PREVENT THE OVER- REPRESENTATION OF FIRST NATIONS PEOPLE IN THE CRIMINAL JUSTICE SYSTEM?





27

HOW CAN WE COMBAT GENDER INEQUALITY IN OUR DAILY LIFE?



10 REDUCED
INEQUALITIES



5 GENDER
EQUALITY





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28

HAVE YOU EVER
PARTICIPATED IN A
PROTEST? IF SO, WHY
AND WHAT FOR?





29

HOW DO YOU THINK OUR
GOVERNMENT CAN BETTER
SUPPORT ABORIGINAL AND
TORRES STRAIT ISLANDER
COMMUNITIES?





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30

HOW DO YOU THINK
WE COULD CLOSE THE
GENDER PAY GAP IN
AUSTRALIA?





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31

WHAT DO YOU THINK
ARE THE BEST WAYS TO
ADVOCATE FOR
CHANGES IN POLICY?





32

WHAT IS A UNIQUELY
AUSTRALIAN SOCIAL CAUSE
THAT YOU ARE PASSIONATE
ABOUT AND HOW DO YOU
SUPPORT THIS?





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33

SHOULD WE BE CONCERNED ABOUT EXTREME WEATHER EVENTS? WHY OR WHY NOT?





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34

TO WHAT EXTENT DO
YOU THINK CORPORATE
INSTITUTES CONTRIBUTE
TO CLIMATE CHANGE?





35

ARE YOU CONCERNED
ABOUT THE DROUGHTS IN
AUSTRALIA?
WHY OR WHY NOT?





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36

WHAT CAN THE AUSTRALIAN GOVERNMENT DO TO COMBAT THE EFFECTS OF CLIMATE CHANGE?





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37

WHAT ARE YOUR BIGGEST CONCERNS REGARDING WIDESPREAD BUSHFIRES IN AUSTRALIA?





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38

WHAT EMOTIONS DO
YOU ASSOCIATE WITH
CLIMATE CHANGE?
WHY ARE YOU FEELING
THIS WAY?





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39

HOW MUCH DO YOU KNOW
ABOUT FIRST NATIONS
PEOPLES AND THEIR
CONNECTION TO LAND?
WHAT WOULD YOU LIKE TO
LEARN MORE ABOUT?



4 QUALITY
EDUCATION



14 LIFE BELOW
WATER



15 LIFE
ON LAND





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40

IS AUSTRALIA ON TARGET TO ACHIEVE NET ZERO CARBON EMISSIONS BY 2050? WHY OR WHY NOT?





41

WHAT CAN WE DO
AROUND THE HOUSE
TO ENSURE WE ARE
MINIMISING OUR IMPACT
ON THE ENVIRONMENT?



14 LIFE BELOW
WATER



15 LIFE
ON LAND





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42

HOW HAVE YOU
CONTRIBUTED TO
THE REDUCTION OF
POLLUTION OR WASTE?



14 LIFE BELOW
WATER



15 LIFE
ON LAND





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43

WHAT ARE WAYS IN WHICH WE CAN USE OUR NATURAL RESOURCES RESPONSIBLY?



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



10 REDUCED
INEQUALITIES





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44

HOW DO YOU POSITIVELY IMPACT THE ENVIRONMENT?



14 LIFE BELOW
WATER



15 LIFE
ON LAND





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45

DO YOU PREFER
WORKING ONLINE OR
IN PERSON? WHY?





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46

WHAT ISSUES RECEIVE
THE MOST MEDIA
COVERAGE? WHAT
WOULD YOU LIKE TO
SEE MORE OF?





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47

WHAT DOES OPEN COMMUNICATION LOOK LIKE IN A ROMANTIC RELATIONSHIP?





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48

DO YOU THINK ONLINE DATING
HAS HINDERED OR HELPED
CONNECTIONS? WHY?





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49

HOW CAN YOU EXERCISE CONSENT IN A NON- ROMANTIC RELATIONSHIP?



3 GOOD HEALTH
AND WELL-BEING



10 REDUCED
INEQUALITIES





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WHAT WAS YOUR
EXPERIENCE LEARNING
ABOUT CONSENT? WAS
IT VALUABLE?



3 GOOD HEALTH
AND WELL-BEING



10 REDUCED
INEQUALITIES

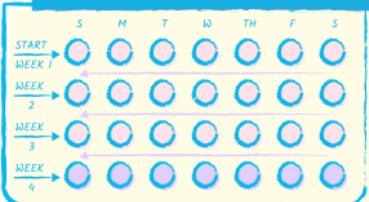




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DO YOU THINK SEXUAL
HEALTH IS AN AWKWARD
TOPIC TO LEARN IN SCHOOL?
WHY OR WHY NOT?





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WHAT DAILY HABITS DO
YOU IMPLEMENT FOR
YOUR MENTAL AND
PHYSICAL WELLBEING?





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53

HOW CAN THE GOVERNMENT BETTER SUPPORT CITIZENS' MENTAL HEALTH?





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HOW HAS SOCIAL MEDIA IMPACTED YOUR MENTAL HEALTH?





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55

DO YOU WORRY ABOUT
THE FUTURE OFTEN?
WHAT KEY CONCERNs
OFTEN COME UP?





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56

DO YOU THINK THE MEDIA
ACCURATELY REPRESENTS THE
DIVERSITY OF AUSTRALIA?
WHY OR WHY NOT?



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



10 REDUCED
INEQUALITIES





57

TO WHAT EXTENT DO YOU FEEL SAFE WHEN USING SOCIAL MEDIA?





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58

HOW CAN WE BEST SUPPORT THOSE EXPERIENCING LONELINESS?





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59

WHAT ARE YOUR
OPINIONS ON THE USE OF
ALTERNATIVE MEDICINES
IN AUSTRALIA?



3 GOOD HEALTH
AND WELL-BEING





60

HOW ACCESSIBLE ARE MENTAL HEALTH RESOURCES AND SUPPORT IN AUSTRALIA?



3 GOOD HEALTH
AND WELL-BEING



10 REDUCED
INEQUALITIES





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ARE CHILDREN LESS ACTIVE THAN THEY USED TO BE? WHY?





62

WILD CARD:
DISCUSS AN ISSUE YOU
HAVE SEEN IN THE NEWS
RECENTLY





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63

IF ANY, WHAT AREAS OF
AUSTRALIA'S EDUCATION
SYSTEM NEEDS CHANGE?
WHY?





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64

WHAT DO YOU THINK IS
THE MOST VALUABLE
THING YOU LEARNED
FROM SCHOOL? WHY?





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65

IS THERE A DIFFERENCE IN THE QUALITY OF EDUCATION BETWEEN PUBLIC AND PRIVATE INSTITUTIONS?





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66

DID YOUR SCHOOLING
EXPERIENCE PROVIDE
YOU WITH THE
RESOURCES TO SUCCEED
IN THE 'REAL WORLD'?
WHY OR WHY NOT?





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IS IT IMPORTANT TO BE
INVOLVED IN
EXTRACURRICULAR
ACTIVITIES? WHY OR
WHY NOT?

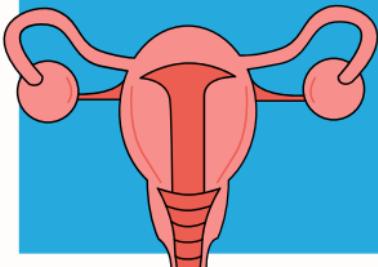




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DO YOU THINK IT IS
IMPORTANT TO LEARN
ABOUT MENSTRUAL
HEALTH IN SCHOOL? WHY
OR WHY NOT?





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69

DO YOU THINK THERE IS
VALUE IN GENDER-
SEGREGATED EDUCATION?
WHY OR WHY NOT?





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70

WHAT BARRIERS IN THE
EDUCATION SYSTEM ARE
PREVENTING YOU FROM
ACHIEVING YOUR LIFE
GOALS AND DREAMS?



4 QUALITY
EDUCATION





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TO WHAT EXTENT HAVE YOUR PARENTS INFLUENCED YOUR POLITICAL VIEWS?



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





72.

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72

IF ANY, WHAT DO YOU THINK
ARE THE FLAWS IN
AUSTRALIA'S LEGAL SYSTEM?





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73

IF YOU WERE THE PRIME
MINISTER FOR ONE DAY,
WHAT WOULD YOU
CHANGE AND WHY?





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74

WHAT IS ONE ISSUE YOU
BELIEVE YOUR LOCAL MP
SHOULD PRIORITISE?





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75

IF YOU COULD CHANGE
ONE AUSTRALIAN
POLICY, WHAT WOULD
IT BE AND WHY?

