

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



1

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



3 GOOD HEALTH
AND WELL-BEING





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?





4

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





www.u-speak.org/log-convo

5

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



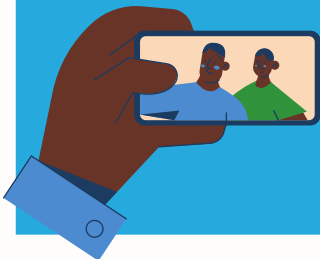
3 GOOD HEALTH
AND WELL-BEING





6

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



3 GOOD HEALTH
AND WELL-BEING





7

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



3 GOOD HEALTH
AND WELL-BEING





8

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





9

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





10

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



10 REDUCED INEQUALITIES



3 GOOD HEALTH AND WELL-BEING





11

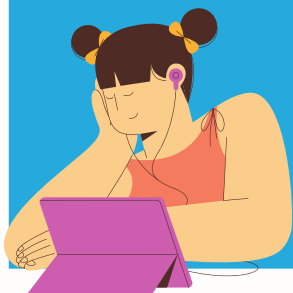
IF ANY, WHICH SOCIETAL
ISSUES HAVE BECOME
MORE PROMINENT
DURING THE PANDEMIC?





12

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



3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION





13

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



3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION





14

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



3 GOOD HEALTH
AND WELL-BEING





15

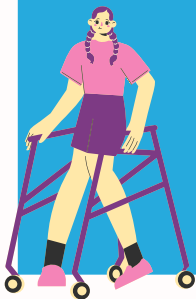
HAS THE IMPACT OF THE
PANDEMIC DEMONSTRATED
TO YOU THE VALUE OF
RESILIENCE?
WHY OR WHY NOT?





16

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





17

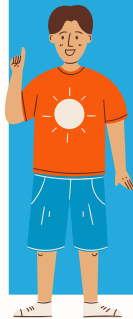
DO YOU THINK ELDERLY
AUSTRALIANS WERE
SUFFICIENTLY
INCLUDED IN THE
COVID-19 RESPONSE?





18

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

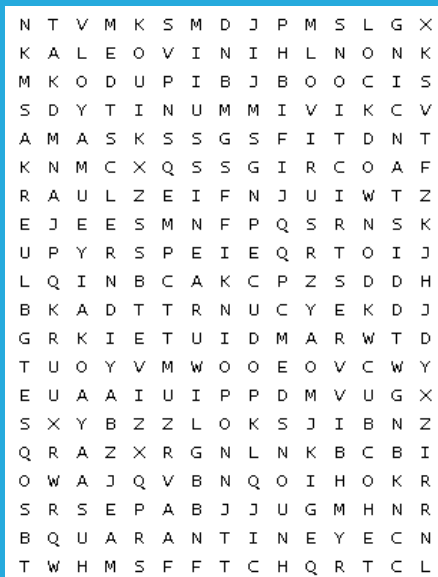


3 GOOD HEALTH
AND WELL-BEING





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



20

DO YOU THINK
SYSTEMIC RACISM IS
APPROPRIATELY
ADDRESSED IN
AUSTRALIA?



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





21

WHAT DO YOU THINK POVERTY LOOKS LIKE IN AUSTRALIA?





22

WHAT DO YOU THINK DISCRIMINATION LOOKS LIKE IN AUSTRALIA?



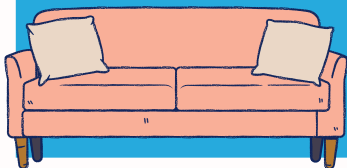
10 REDUCED
INEQUALITIES





23

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





24

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



10 REDUCED
INEQUALITIES



1 NO
POVERTY





25

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



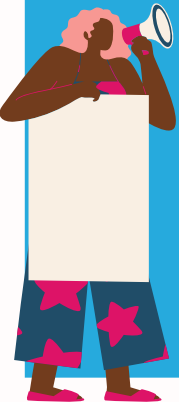
10 REDUCED
INEQUALITIES





26

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?





28

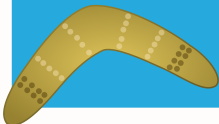
HAVE YOU EVER
PARTICIPATED IN A
PROTEST? IF SO, WHY
AND WHAT FOR?





29

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



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



10 REDUCED
INEQUALITIES





30

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





31

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



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



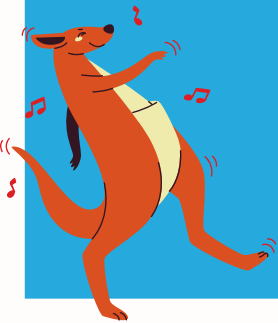
10 REDUCED
INEQUALITIES





32

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





33

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



13 CLIMATE
ACTION





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?



15 LIFE
ON LAND



13 CLIMATE
ACTION





36

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



14 LIFE BELOW
WATER



15 LIFE
ON LAND



13 CLIMATE
ACTION





37

WHAT ARE YOUR BIGGEST CONCERNS REGARDING WIDESPREAD BUSHFIRES IN AUSTRALIA?





38

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



3 GOOD HEALTH
AND WELL-BEING



13 CLIMATE
ACTION





39

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





40

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



13 CLIMATE
ACTION





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





42

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





43

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



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



10 REDUCED
INEQUALITIES





44

HOW DO YOU POSITIVELY IMPACT THE ENVIRONMENT?





45

DO YOU PREFER
WORKING ONLINE OR
IN PERSON? WHY?





46

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



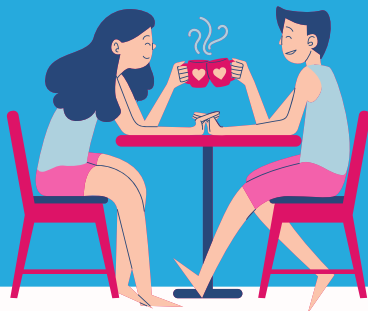
16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





47

WHAT DOES OPEN COMMUNICATION LOOK LIKE IN A ROMANTIC RELATIONSHIP?



3 GOOD HEALTH
AND WELL-BEING





48

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



3 GOOD HEALTH
AND WELL-BEING





49

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



3 GOOD HEALTH
AND WELL-BEING



10 REDUCED
INEQUALITIES





50

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



3 GOOD HEALTH
AND WELL-BEING



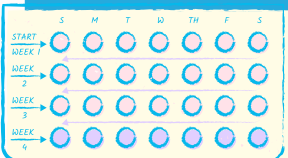
10 REDUCED
INEQUALITIES





51

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





52

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





53

HOW CAN THE GOVERNMENT BETTER SUPPORT CITIZENS' MENTAL HEALTH?





54

HOW HAS SOCIAL MEDIA IMPACTED YOUR MENTAL HEALTH?



3 GOOD HEALTH
AND WELL-BEING





55

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





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?



3 GOOD HEALTH
AND WELL-BEING



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





58

HOW CAN WE BEST SUPPORT THOSE EXPERIENCING LONELINESS?



3 GOOD HEALTH
AND WELL-BEING





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?





61

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



3 GOOD HEALTH
AND WELL-BEING





62

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





63

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



4
QUALITY
EDUCATION



10
REDUCED
INEQUALITIES





64

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



4 QUALITY
EDUCATION



10 REDUCED
INEQUALITIES





65

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





66

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





67

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



3 GOOD HEALTH
AND WELL-BEING

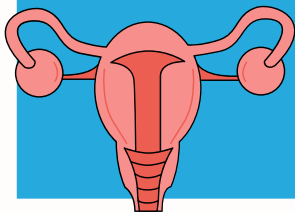




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68

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



4 QUALITY
EDUCATION





69

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



4 QUALITY
EDUCATION





70

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



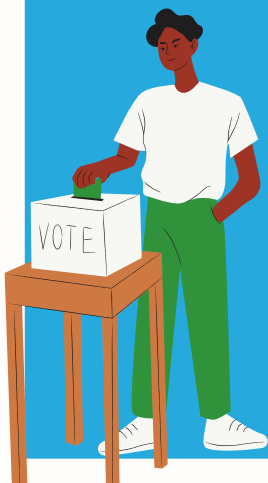
4 QUALITY
EDUCATION





71

TO WHAT EXTENT HAVE
YOUR PARENTS
INFLUENCED YOUR
POLITICAL VIEWS?



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





72

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



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



10 REDUCED
INEQUALITIES





73

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



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



10 REDUCED
INEQUALITIES





74

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



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



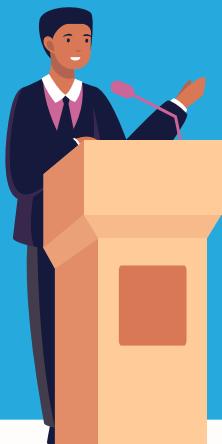
11 SUSTAINABLE CITIES
AND COMMUNITIES





75

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



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



10 REDUCED
INEQUALITIES

