

Home Conversation Card

Why learn to discuss?

Here are a few reasons:

- ✿ Discussing contributes to **language development**. You learn new words, how to use them, how to hold a conversation, and how to respond to one another.
- ✿ Discussing strengthens **self-confidence**. Standing up for your own opinion is an important skill.
- ✿ Discussing contributes to **citizenship and democratic skills** – you learn to actively take part in society!
- ✿ When you discuss, you learn to put yourself in someone else's shoes. Children are naturally good at **handling differences** and discussion helps them develop **more understanding for others**.
- ✿ When you discuss, you learn to think critically and to weigh up sources.

“If everyone learned to discuss well, the world would be a better place.”

– Debate Hero 2026

DKJL stands for talking about it, making contact, breaking taboos, and discussing prejudices. For 20 years, DKJL gave children a platform to make their voice heard. In 2026, DKJL stopped operating as an implementing organisation, and we passed on our didactics and materials to teachers and parents/carers across the city. Take a look at the materials at **www.dkjl.nl**.

TIPS FOR DISCUSSING THINGS AT HOME

You may already have discussions at home about homework, screen time, or bedtime – but do you know how your child thinks about freedom of speech, social media, and bullying? Here are some tips for a good conversation!



And: discussing isn't about proving you're right – it's about discovering what a topic means: for yourself, for each other, and for society. That's an important message we want to pass on to students.

A few tips:

- ✿ Use “I” statements: I think..., because..., for example... – instead of “the fact is that...”
- ✿ At DKJL, the conversation isn't about winning – it's about understanding and listening to one another.
- ✿ Choose a topic or statement, and take a moment together to think about what you actually think.
- ✿ Pick a few guiding questions for the conversation, but above all, listen to one another.
- ✿ Evaluate after each discussion: is there a conclusion? What did you learn? How did the conversation go?

A few basic concepts at DKJL

Your **opinion** is what you think. A **fact** is something you can verify.

You can support your opinion with arguments – the reason why you think something.

Use the sentence: "I think..., because..., for example..."

In a **discussion**, you try to **convince** each other, so that the other person comes to think what you think.

In a **dialogue**, convincing is less important. Instead, you listen to the other person's story or message, and mainly ask each other questions.

these are the DKJL ground rules.

Which ground rule do you think is important? Why?

What makes a conversation pleasant?

When does it turn into an argument?

DISCUSSIËREN KUN JE LEREN

GROUND RULES

1. LISTEN TO EACH OTHER.
2. LET EACH OTHER FINISH SPEAKING.
3. TAKE FEELINGS INTO ACCOUNT.
4. TRY TO UNDERSTAND EACH OTHER'S POINT OF VIEW.
5. ACCEPT THAT YOU SOMETIMES DISAGREE.
6. USE "I" STATEMENTS, ARGUMENTS, AND EXAMPLES.
7. THINK CRITICALLY.
8. BE HONEST ABOUT THE FACTS.
9. SPEAK CONCISELY AND BRIEFLY.
10. BE AWARE OF YOUR BODY LANGUAGE AND TONE OF VOICE.



First, discuss this together:

What do you think makes for a good discussion?

- ✿ When you're having a discussion, you feel...
- ✿ When someone really listens to you, you feel...
- ✿ When someone ignores you, you feel...
- ✿ When you want to say something to someone that they won't be happy to hear, then...
- ✿ When someone asks you how you're feeling, how does that feel to you?
- ✿ In a discussion, you get angry when...
- ✿ What's something you've sometimes felt sad about?
- ✿ Who do you like to talk to most when you're not feeling great?
- ✿ Which topic do you find difficult to talk about? What would make it easier?

**START THE
DIALOGUE OR
DISCUSSION!**

Topic 1 Freedom of speech

In the Netherlands, there is freedom of speech. You have the right to make your opinion heard. Are children aware of this? And where does this freedom end?

Core question:
Are you allowed to say everything you think?

Follow-up questions:

- ✿ Which topic do you think is important? (climate, loneliness, bullying, poverty)
- ✿ Do you think adults listen well to children? When do they, and when don't they?
- ✿ Why should adults listen better?
- ✿ How can you tell when an adult is really listening to you?
- ✿ Do you think children can have a say in the world's problems?
- ✿ How important is freedom of speech to you?
- ✿ What would you say to someone who isn't going to vote?
- ✿ Do you give your opinion about everything?
- ✿ When are you careful about what you say?
- ✿ When do you keep your opinion to yourself? When do you prefer to listen instead?
- ✿ Do you dare to share your opinion when all your friends think something different?
- ✿ What's the difference between an argument and a discussion?
- ✿ How do you make sure you don't hurt anyone?
- ✿ Have you ever been hurt by someone's opinion?
- ✿ Do you ever share your opinion online? Is that different from doing it in real life?

Topic 2 Social media

There's a lot of discussion about social media. There are advantages, but also disadvantages. There are age limits and rules, but they aren't always followed. What do you think about social media?

Core question:
What do children need to handle social media well?

Follow-up questions:

- ✿ How often are you on social media?
- ✿ What do you enjoy about social media?
- ✿ If social media were banned completely, what would you miss?
- ✿ What do you like less about social media?
- ✿ What do you do if you come across something on social media that you don't like, or that shocks you?
- ✿ What do you think of how adults use social media?
- ✿ What do you think parents/caregivers should know about social media?

Example statement:
"Social media is harmful for children."

Topic 3 Screen time

Many children and adults spend a lot of time looking at a screen. Do you manage to put your screen down sometimes? Do you think that's important?

Follow-up questions:

- ✿ What do you think about your own screen time?
- ✿ Can you put down your phone or screen when you want to? What helps you do that?
- ✿ What do you think about my screen time?
- ✿ What do you think about the fact that some children have 6 hours of screen time a day?
- ✿ What would you say to a friend who is online for hours on end?
- ✿ If you had children of your own one day, what would you agree with them about screen time?

Core question:
What do children think about their screen time?

Example statement:
"Parents/caregivers should stick to the same screen time rules as children."

Topic 4 Being yourself

When do you feel completely like yourself, and when don't you? And is that different at school than it is at home?

Follow-up questions:

- ✿ How do you feel when you're completely yourself?
- ✿ What helps you be yourself, and what makes that harder?
- ✿ Can you be yourself at school?
- ✿ Is there something you can do so that others can be themselves too?
- ✿ What tip would you give to teachers?

Core question:
What helps you to be yourself?

Example statement:
"At school, I can be myself"

Topic 5 Bullying

Bullying and exclusion happen far too often, unfortunately. It's not just about the person bullying and the person being bullied – the whole class has a role to play. There are bystanders who say nothing, and others who go along with it. How can a class stop bullying together?

Follow-up questions:

- ✿ Do you talk about bullying often? How could that be made easier?
- ✿ What do you do in your class to tackle bullying?
- ✿ What do you do if you see someone being bullied?
- ✿ Do you feel responsible if bullying happens in your class?
- ✿ What can a teacher do to prevent bullying?
- ✿ And online bullying – have you ever seen or experienced that? What do you do then?