



CONVERSATION STARTERS

1. Your child might play a lot with action figures that have exaggerated muscles. Play with them while you discuss:
 - How does this toy's body compare with that of your friends? Teachers? Uncle?
 - Why do you think the toy-makers make action figures to look like this?
 - Do you need to have big muscles to be a hero?
 - Is there anyone you know who you think is a hero, but doesn't have big muscles?
 - What then makes a person a hero?
2. Your child might love TV, internet or video games where the hero is hypermasculine with a large muscled body and a rough, tough attitude, or where the heroine is super fit and muscled; and problems are solved by violence and getting rid of the 'enemy'. Watch or play with your child. Then discuss:
 - How are the good guys and girls and bad guys and girls portrayed in this?
 - Do people you know look and act like this?
 - What does this tell us about the difference between what we are seeing and playing, and the real world?
 - What does this say to us about solving problems? Are there other ways we can solve problems?
 - How would Jesus have us solve problems?
3. Your child likes playing with dolls with sexualised bodies. Spend some time playing with your child. While you play, discuss:
 - What do you like about this doll?
 - What do you not like?
 - Why do you think dolls that are thin and tall (and whatever other characteristics that particular doll has) are popular? Have you seen dolls that are not like this?
 - How do these dolls compare with women and girls you know and love? Friends, Teachers, Aunty, Mum?
 - Do you have to look like these dolls to be a loving, kind person?
4. If your child likes to watch TV shows and music videos that promote certain unhelpful body types, moves and behaviours, and imply that this is how a person should be and behave to be popular and attractive, watch with them and then discuss:
 - What does this tell us is important about a person? Looks? Body shape? Behaviour?
 - How does this compare with the way people you know and love look like and behave?
 - How does this compare with what God would want you to look like and how God would want you to behave?

