

## USING THIS ORACLE DECK AS A TRUSTED ADULT

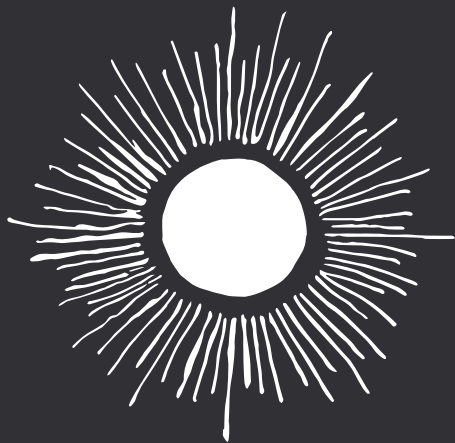
Trusted adults can use these cards as conversation starters to learn how young people feel about their health, seeking care, and more.

Begin with one of the black Question cards or a question of your own. Then ask young people to use the white Oracle cards to find their answers by choosing images that resonate with them, flipping the cards over to reveal two contrasting statements, and placing the card so that the statement that most closely fits them is at the top.

## USING THIS ORACLE DECK ON YOUR OWN

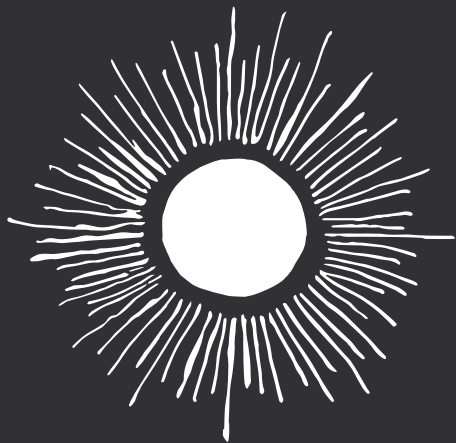
Start by picking a black Question card, then use the white Oracle cards to find your answers. To pick a card, look for an image that resonates with you. Flip the card over to reveal two contrasting statements. Place the card down with the one that fits you best at the top.

You can use your cards to reflect on your health needs and values. You might also want to talk them through with a trusted adult, since these conversations can help make sure you stay up-to-date on your health care and feel your best.



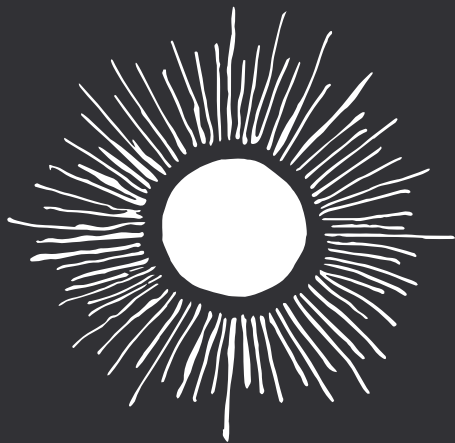
What's something you  
wish were different in  
your life or health?

Pick 1 Oracle card where one end  
describes you, but you wish the  
opposite end described you instead.



What's most important  
to you when it comes to  
getting health care?

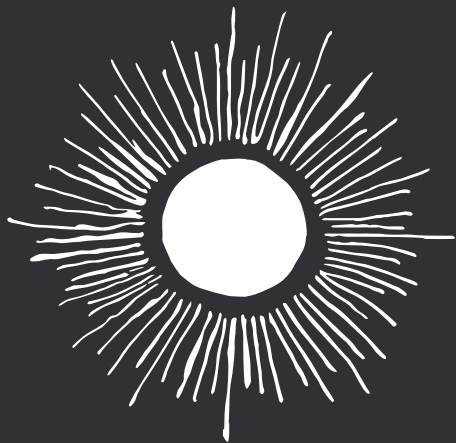
Pick 3 Oracle cards and then  
choose the description on the back  
of each card that fits you best.



How has your mental  
health been lately?

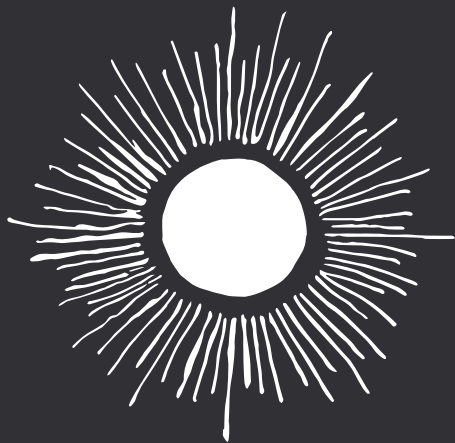
Pick 3 Oracle cards and then  
choose the description on the back  
of each card that fits you best.





How do you feel in  
your romantic or  
sexual relationships?

Pick 3 Oracle cards and then  
choose the description on the back  
of each card that fits you best.



How do you feel about  
your health right now?

Pick 5 Oracle cards and then  
choose the description on the back  
of each card that fits you best.

I have everything I  
need to get health care  
that works for me.

abundance

abundance

There are things  
making it hard for me  
to get health care.



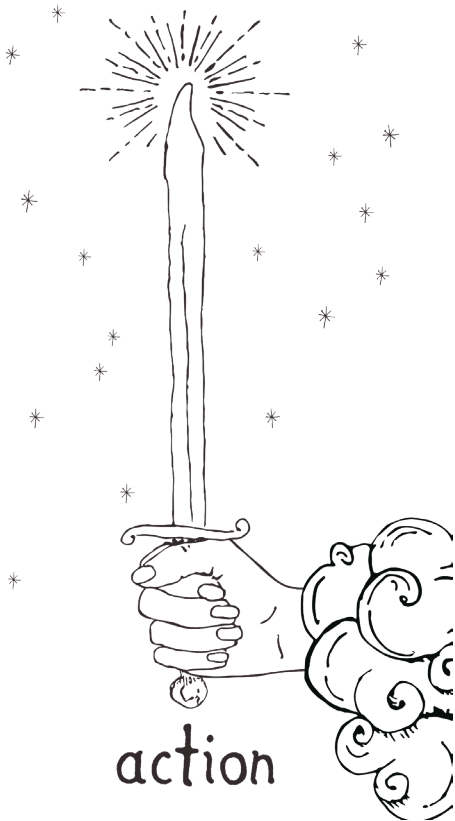
abundance

I am the kind of person  
who likes to make a plan  
and follow it.

action

action

I am the kind of person who  
likes to live in the moment  
and take things as they come.



action



I have a good sense of what  
I need to do to take care of  
my body and my health.

clarity

clarity

I wish I had more  
information about how  
to take care of myself.



clarity

I have close, supportive  
relationships in my life.

connection

connection

I usually feel isolated and  
pretty much on my own



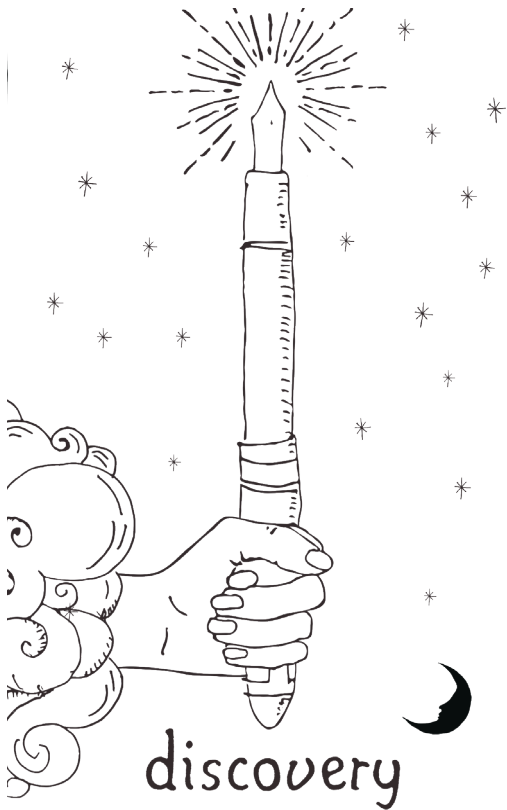
connection

I have the support  
I need to figure out  
who I really am.

discovery

discovery

Other people's expectations  
for me get in the way of me  
figuring out who I really am.



discovery

It's not a big deal for  
me to get to my  
healthcare appointments.

ease

ease

It's sometimes challenging  
for me to get to my  
healthcare appointments.



ease



I have supportive people in  
my life who encourage me  
to take care of myself.

encouragement

encouragement

I wish the people in my  
life gave me more support  
and encouragement to  
take care of myself.



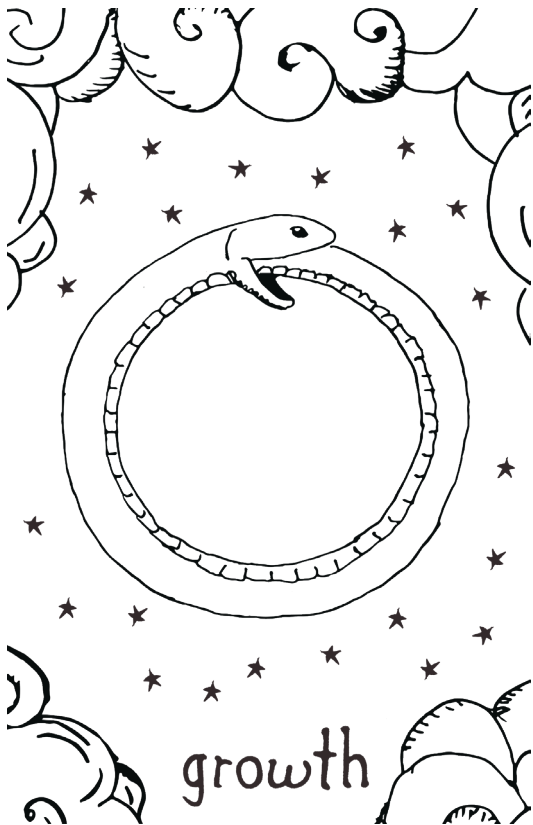
encouragement

I like to challenge myself  
with big goals, even if  
they are hard to reach.

growth

growth

I like to make slow  
and steady progress  
toward a goal.



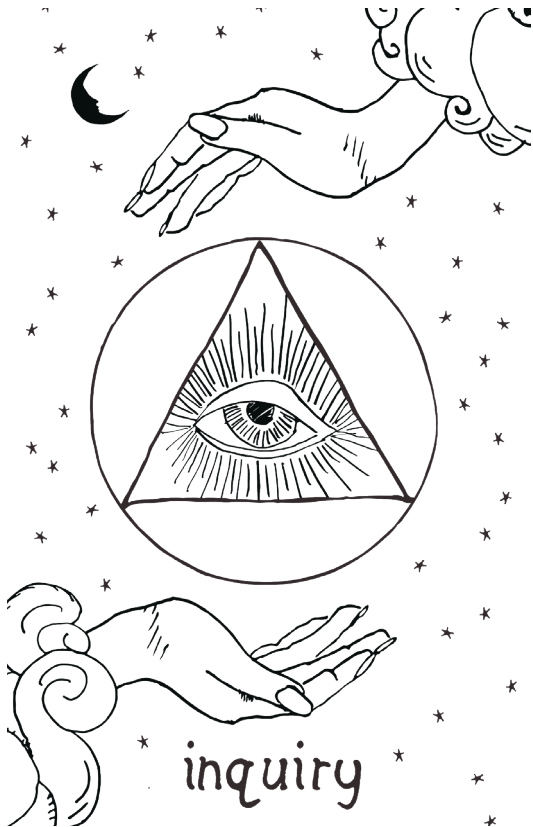
growth

If there's something I don't understand, I'm comfortable asking questions until I get it.

inquiry

inquiry

I'm more comfortable asking questions if people check whether I'm understanding first.



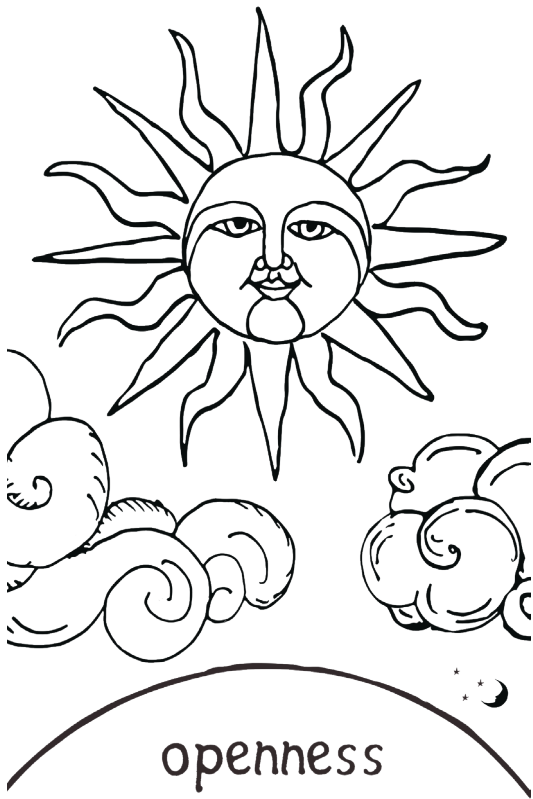
inquiry

I feel comfortable  
sharing sensitive details  
about my health with  
healthcare providers.

openness

openness

I'd rather keep  
sensitive details about  
my health private from  
healthcare providers.



openness



I prefer in-person  
appointments.

presence

presence

I like having health  
care appointments  
online or by phone.



presence

I like to stick to a set  
routine and find it easy to  
keep regular appointments.

ritual

ritual

I prefer to be spontaneous  
and schedule appointments  
when things arise.



ritual

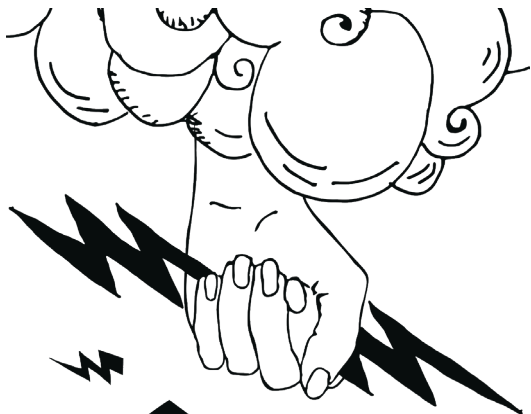


I'm dealing with some  
conflict or challenge in  
my life right now.

struggle

struggle

My life feels  
mostly calm and  
easy at the moment.



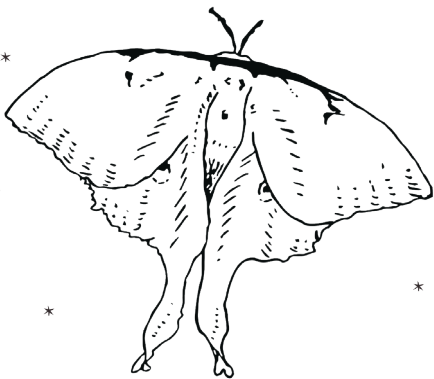
struggle

When it comes to taking  
care of my health and  
well-being, I feel ready to  
make some changes.

transition

transition

When it comes to taking  
care of my health and  
well-being, I'd like things  
to mostly stay the same.



transition



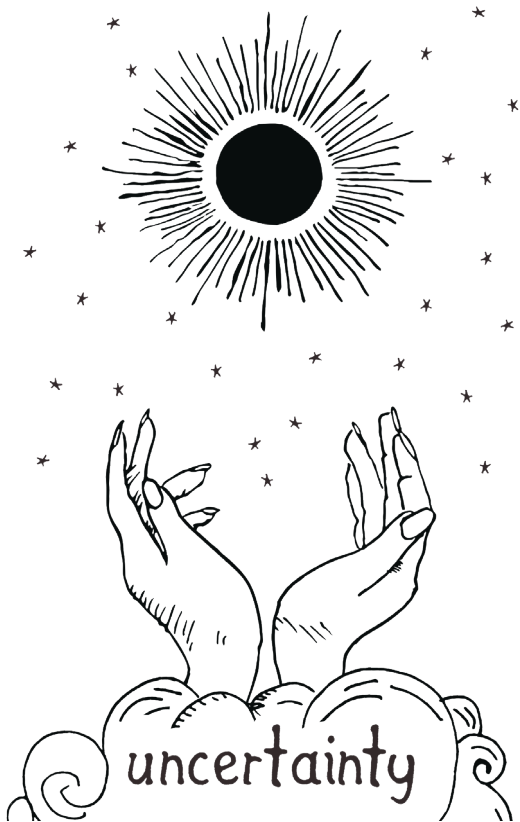


I am unsure what the  
future holds for me.

uncertainty

uncertainty

I am certain about my  
plans for the future.



uncertainty

I feel safe being fully myself  
and sharing my feelings with  
the people in my life.

vulnerability

vulnerability

I usually keep sensitive  
or uncomfortable feelings  
to myself.



vulnerability