



1-11 JULY 2021

SCHEDULE

IG @FAMCHAMPS

GIVE CONVERSATIONS WITH FAMILY

- 1 WHAT IS #ONSECONDTALK
- 2 THE LONELINESS EPIDEMIC
- 3 @FAMCHAMPSTABLETALKBOT LAUNCH
- 4 YOUTH DAY
- 5 AFRO.SINGS PLAY PARENTS
- 6 STEPS TO LEVEL UP CONVERSATIONS AT HOME
- 7 AFRO.SINGS PLAY SIBLINGS
- 8 WAYS TO TACKLE DIFFICULT CONVERSATIONS
- 9 FELLOW YOUTHS PLAY
- 10 CONVERSATIONS THROUGH A DOCUMENTARY PRODUCER'S LENS
- 11 DON'T GIVE UP

A SECOND SHOT

READ & WATCH STORIES & TIPS FROM FELLOW YOUTHS!



@FAMCHAMPSTABLETALK CONVERSATION GAME

HOW TO GET IN THE ZONE

OPEN

Remember how often we asked questions as a kid? It's time to be a kid again.

Stay curious and wonder-eyed. You might just discover something new about your family.

SPACE

Find a comfortable corner. Place one phone in the centre and keep the rest of the phones away.

If your family is overseas, hop onto a video call and play it virtually.

TIME

Hit the pause button! There's a time to work and a time to rest.

Look up from your phone and look a lil' bit closer at the people physically closest to you.



START EXPERIMENT



INTERRUPT THE #AUTOPILOT MODE



@FAMCHAMPSTABLETALK CONVERSATION GAME

END EXPERIMENT HELLO, OUT-OF-COMFORT ZONE

What story about yourself did you share today?

How did you feel before, during and after the game?

What did you learn about yourself and your family??

OWN

SUPPORT

Challenge your bunch of friends to play it with their families! And share about your experience!

If that's too scary, how about playing it with your friends first?

THANK

Always thank your family or friends for being present in the game!

Having conversations is like building muscle. The more you do it, the stronger you get!



WE'D LOVE TO CONNECT

LET US KNOW HOW YOUR EXPERIENCE WAS
FAMCHAMPS.SG/OSTEXP



FamChamps® is a community youth movement that raises young family champions in Singapore who believe in, live out and champion family.

Since 2014, we have partnered secondary schools and other organisations to equip, empower and commission youths to represent their generation and bring change to their families and communities.

We hope to build a legacy of strong and resilient families for a sustainable and successful Singapore.

IG/FB @FAMCHAMPS
hello@famchamps.sg

From idea to reality, Isaiah started developing TableTalk in 2018 when he saw how there is an epidemic of loneliness and emotional disconnection.

Vessels hopes to bridge the gap in this disconnection. We believe in building relationships between people through intentional conversations.

Everything we do is towards this cause because we know so dearly that relationships are what hold us together.

IG @TABLETALKBYVESSELS
info@tabletalkbyvessels.com

#ONSECONDTALK I'LL CHOOSE COURAGE

FAMCHAMPS

