



Worksheet: Exploring Vaccine Beliefs & Honest Dialogue

Part 1: Reflecting on Beliefs

1. Mainstream Beliefs You've Encountered

- What are the most common pro-vaccine messages you've heard (media, family, doctors, government)?

2. Why These Beliefs Stick

- What factors make these messages powerful (e.g., repetition, authority figures, incentives)?

3. Personal Impact

- How have these beliefs affected you, your choices, or your relationships?

Part 2: Recognising Challenges

Censorship & Social Pressure

- Have you seen or experienced information being suppressed, ridiculed, or dismissed?

Division & Relationships

- Have differing vaccine views strained your friendships or family life?

Part 3: Bridging the Gap

Conversation Guide with Loved Ones

Use these prompts to encourage open dialogue:

- *Practice Curiosity, Not Condemnation:*
What might I ask instead of argue? _____
 - *Encourage Transparency:*
What information would I like to see openly shared? _____
 - *Respect Personal Choices:*
How can I show respect for someone's decision, even if I disagree?
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- *Support Open Spaces:*
Where could I safely share my experiences without ridicule?
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- *Stay Compassionate:*
What values do we both care about? _____
 - *Plant Seeds, Don't Force Growth:*
What gentle truth or story can I share, without expectation?
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Part 4: Closing Reflection

- What is one step I can take to encourage honest, respectful dialogue this week?
