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CONVERSATION STARTER CARDS

Instructions: Cut out these cards for whenever you need some help talking to your teen.

I've noticed you've been really into [insert activity or interest].

Can you tell me more about it? I'd love to understand what you enjoy about it.

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I read about [recent news or event].

What are your thoughts on it? Seeing different perspectives is interesting, and I'm curious about yours.

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What did you learn today in school?

Is anything exciting happening? Do you feel stuck anywhere? I'm here to help or just listen.

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I've been thinking about [future plans or goals].

What are your thoughts on your future? It doesn't have to be set in stone, but I'd love to hear your dreams and aspirations.

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You won't believe what happened to me today! [share a funny or exciting story].

Has anything similar happened to you lately?

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I've been thinking about how much I appreciate having you in my life.

Is there anything you'd like to talk about or share? I'm here for you, no matter what.

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