

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

High School Teens

Conversation Starters for Talking with Your Teen(s)

- What are two things on your bucket list?
- Where do you see yourself in 5 years?
- What three words would you use to describe me?
- What is one thing I don't know about you?
- Describe yourself in three words.
- What scares you?
- What is something you've always wanted to do but haven't?
- What is your proudest moment?
- What are your current goals?
- What do you think you want to do for a living?
- What is your favorite family tradition?
- What is your biggest success?
- If you could have a "re-do" of any day, what would it be?
- How are you feeling about your sports/hobbies/commitments?
- Is there something I can do to help you feel more supported?
- If you could take one responsibility off your plate for the next week, what would it be?
- Is there anything you'd like for me to know?



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.