



Toolkit for Parenting Teenagers

Conversation Starter #1: Communicating with Your Teen

- 1) Do you feel comfortable talking to me about anything? What could I do to make you feel more comfortable?
- 2) How can I improve communication in our family?
- 3) How well do you think you communicate in our family? What would make you feel understood?
- 4) What are topics that you find difficult to discuss? What topics do I find difficult to discuss?
- 5) How can we keep an open line of communication even when we are busy?
- 6) How can you let me know when there is something you want to talk about?