



Toolkit for Parenting Teenagers
Conversation Starter #13: Support System

- 1) Who are some people in your life that support you? In what ways do they do this?
- 2) Do you feel supported by your family?
- 3) What can I do to support you more?
- 4) In what areas of your life do you feel like you need more support?
- 5) Who is supporting me as I navigate learning how to parent a teenager?
- 6) Are there other people I can reach out to for help?