



**Toolkit for Parenting Teenagers**  
**Conversation Starter #2: Conflict**

- 1) How do I usually handle conflict with my teen? Do I like to address things immediately or have some time to cool off?
- 2) How does family conflict make you feel? Do you feel like you have a voice in family discussions?
- 3) Do you feel comfortable expressing your feelings during conflict?
- 4) What is one thing you would change about how our family handles conflict?
- 5) How do you handle conflict at school? What about between your friends or in your relationship?