



**Toolkit for Parenting Teenagers**  
**Conversation Starter #3: Getting to Know Your Teen**

- 1) What is something you like about yourself?
- 2) What's the hardest part of your life right now?
- 3) What do you worry about the most?
- 4) What helps you feel better when you're stressed or upset?
- 5) What does your perfect day look like?
- 6) When do you feel most proud of who you are?
- 7) If you could choose three words to describe yourself, what would you say? Why those three words?