

CONVERSATION STARTERS FOR TEENS

- What is something you hope to be or do one day?
- What do you wish people knew about you?
- Talk about a time you lied. Do you regret it?
- When do you feel the most confident?
- When do you feel the most insecure?
- What would a realistic "perfect day" look like?
- Do you think anyone knows the "real" you?
- Talk about a time you cheated. Would you make the same choice again?
- Talk about the last time you cried.
- Talk about the last time you laughed.
- What are three things you think your peers might say about you.
- Talk about the last time you lost your temper.
- Who is a person that makes you feel uneasy?
- Who is a person that makes you feel safe?
- Talk about a time you felt left out.
- Talk about a time you felt included.
- What is the hardest thing you've been through?
- Who is someone you respect?
- What is something that is challenging for you?
- What is something that is easy for you?
- How do you feel about your body?
- How do your friends talk about bodies?
- If you could go anywhere, where would you go?
- What is your strongest personality trait?
- What is your weakest personality trait?
- What is the worst pain you've ever endured?
- How do you feel about your peers?
- Recall a happy childhood memory.
- Recall an uncomfortable childhood memory.
- Are you a spiritual person?
- What do you wish you had more of?
- What is something you appreciate?



Example Follow-Up Questions:

- How do you feel about that?
- Why do you think that is?
- Have you ever talked about this before?
- Do you need support?