



# Teen Conversation Jar



Creating conversation with teens has been proven to help prevent underage drinking. The following activity can be used during family meals to initiate conversations. Cut out the color coded messages and place them into a jar. If there are other questions that you feel would be appropriate for your family feel free to write them on a slip of paper and add them to the jar. Then during meals take turns drawing a slip of paper and see where the conversation takes you.

Conversation Starters	Sharing Feelings, Dreams and Ideas	Questions Teens Can Ask Parents	Questions Parents Can Ask Teens
If you could know one thing about the future, what would it be?	Where do you see yourself in ten years?	What do you think is the coolest invention ever?	How do you choose your friends?
Who is your favorite artist and what do you like most about them?	If you could pick your first car, what would you pick?	What did people tease you about growing up?	If you had to choose today which college would you go to? Why?
If you could have any job in the world what would it be?	Who is the person you most admire?	Who in your family are you the most like and why?	What things do you want to do, but probably couldn't do if you used drugs and alcohol?
Describe your perfect day, from the time you wake up until you go to bed.	What accomplishment are you most proud of?	Did you take family vacations when you were a teen? Where did you go?	What are your three best qualities?
If you could trade places with anyone in the world who would it be and why?	If you could change one thing about your life what would it be?	Is there anything in your past that you would want to do over?	Where do you go for advice?
What gives someone a good reputation?	Do you believe in love at first sight?	What was your first job? How long did you work there?	If you could add one more item to your bedroom what would it be?
If you were allowed to go anywhere for your next vacation, where would you go?	Tell us what things make you feel loved.	What is the longest amount of time you have stayed awake?	Who is your best friend, and what do you like most about them?
What is the best quality for a boss or manager to have?	Describe the most beautiful thing you have ever seen.	Did you have any pets growing up? What kind were they, and what were their names?	What could you do to make the world a better place?
What is your favorite form of exercise? Is it something we could do as a family?	What is the bravest things you have ever done?	What was your favorite subject in school, and what was your least favorite?	If you could meet a person from the past, who would it be?
What's a subject you wish you knew more about?	Tell us one thing that is really important to you.	When you were my age, what did you want to be when you grew up?	If you could pick a new first name what would it be?
What is your favorite breakfast food and how often do you like to eat it?	What is the hardest choice you have ever made?	Is there anything that you are scared of?	What is a long term and short term goal of yours?
If you won a million dollars what could you do with it to help others?	What is one thing you could do to help our family?	What was your favorite game as a teen?	What's your favorite holiday?