

Family Dinner – A Proven Prevention Tool!

Connect with Your Teens with these Conversation Starters!

About Substance Use

If you were at a party with kids who were smoking, drinking or using drugs, what would you do?

Do you know why someone your age is more likely to get addicted to cigarettes, alcohol, or other drugs?

Besides family members, who do you feel most comfortable talking to about cigarettes, alcohol, and other drugs? Why?

How often do you hear kids talking about cigarettes, alcohol, and other drugs at school?

What would you do if you saw an adult family member or friend drunk or high?

What would you do if you saw a friend taking prescription pills that are not prescribed to them?

Do you know any friends or kids at school that might have a substance use problem and need help?

What do the kids at your school do at parties?

Do you know what binge drinking is?

Why do you think marijuana (in most states) and various other drugs are illegal?

For Fun

What's a skill you wish you had? Why?

If you could go back in time and live in any other era, what time period would you choose? Why?

What would you like to do when you graduate?

Who is your best friend?

Who is your favorite singer or musical group?

What is one activity you've never done before that you would really like to try?

What possession do you cherish the most?

What is your favorite activity to do with friends?

What is something that made you laugh this week?

What is something that upset you or made you angry this week?

Is there a movie out right now that you're looking forward to seeing?

Why do you think family traditions are important?

