

TeenBasics.com

Parent-Teen Conversation Cards

50 Low-Pressure Conversation Starters for Hygiene, Money, Phones, and Independence

Practical Guides

Parent Support

Build Confidence

Life Skills

Printable digital workbook for personal, family, classroom, church youth, or mentoring use.

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How to Use This Guide

These cards are meant to lower the pressure around topics that can otherwise turn into a lecture. Print and cut them out, keep this workbook on the counter, or simply pull one out during a car ride or dinner when the moment feels right. There's no required order — pick whatever fits the conversation you're already having.

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How to Use These Cards

A good conversation starter does two things: it's specific enough to be interesting, and open enough that it doesn't feel like an interrogation. These 50 cards are grouped by topic so you can reach for the right one in the moment.

- Pick one card, not five — a single question with room to breathe works better than a rapid-fire list.
- Car rides and side-by-side activities (cooking, walking, driving) often work better than face-to-face conversations for teens.
- If a question gets a short answer, that's okay. Plant it and move on — it may come back up later on its own.
- Follow their answer with curiosity, not correction, even if you disagree with what they say.
- These are starters, not scripts — let the conversation go wherever it naturally goes.

Hygiene & Self-Care Starters

- 1 What's one thing about your routine you actually like doing?
- 2 Is there anything in your hygiene kit you're out of or want to switch?
- 3 Do you feel like you have enough time in the morning, or is it rushed?
- 4 What's something a friend does for their skin or hair that you're curious about?
- 5 Is there a product you keep hearing about that you want to try?
- 6 How do you feel about how your skin's been lately?
- 7 What's the hardest part of your routine to stick to?
- 8 Do you want help finding a dermatologist, or are you okay for now?
- 9 What's one small change that would make your routine easier?
- 10 Is there anything about your body or changes lately you have questions about?

Money & Responsibility Starters

- 11 If you got \$100 right now, what would you do with it?
- 12 What's something you've saved up for that felt worth it?
- 13 Do you feel like you know what things actually cost?
- 14 What would you want an allowance or job money to cover?
- 15 Have you ever regretted buying something? What happened?
- 16 What's a money goal you'd like to work toward this year?
- 17 How do you think you'll handle your first paycheck?
- 18 What's one thing you wish you understood better about money?
- 19 Do your friends spend money differently than you do?
- 20 If you could set your own budget rules, what would they be?

Phones & Screen Time Starters

21

What app do you spend the most time on, and why that one?

22

Is there anything online lately that's stressed you out?

23

What would you want your friends to know about how you use your phone?

24

Do you ever feel like you're scrolling without meaning to?

25

What's something good that's come from your phone or social media?

26

If you set your own phone rules, what would they be?

27

Has anyone ever said something online that felt unfair or hurtful?

28

What do you think is a reasonable bedtime for phones?

29

Is there an app or game you think you'd be fine giving up?

30

What would you want me to do if I saw something worrying on your phone?

Independence & Growing Up Starters

31

What's something you feel ready to take on by yourself?

32

What's something you still want help with, even if you don't say it out loud?

33

If you could change one rule in our house, what would it be and why?

34

What does 'being responsible' mean to you right now?

35

Is there a decision coming up you want to talk through together?

36

What's something you're proud of handling on your own recently?

37

What worries you about getting older?

38

What's something you want more freedom around?

39

How do you want me to react when you make a mistake?

40

What's one thing I do that makes it easier to talk to me?

Character & Values Starters

41

Who's someone you admire, and what is it about them?

42

What's something you did recently that you're genuinely proud of?

43

Has anyone ever pressured you into something you didn't want to do?

44

What does a good friend look like to you?

45

What's a value that matters a lot to you?

46

Is there something you wish more people understood about you?

47

What's a mistake you learned the most from?

48

How do you want to be remembered by your friends?

49

What's something you'd stand up for even if it wasn't popular?

50

What kind of adult do you want to become?