

# Parent Conversation Starters

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**How will you help your teen be their most successful self on their trip?**

**One way is to have conversations with them guided by the questions on the other side of this sheet. This will help them gain independence to make decisions and advocate for themselves while traveling.**

Use these conversation starters in the way that works for you and your teen.

**How will you advocate for yourself when...**

you are anxious in general?

you are missing home or your parents?

you need some alone time?

you have a headache?

you are anxious about an activity?

you are not getting along with your peers?

you lose your wallet or cell phone?

you are hungry?

you want to go to sleep and your roommates do not?

you just don't feel good?

you don't like the food choices?

you are feeling disconnected from the group?

you need some support from a friend?

you are having a rough moment?

you need some support from an adult?



**What strategies will you use to help yourself be present on the trip while knowing that you can easily reconnect with people at home through social media?**

**What does it mean to make HEALTHY food choices?**

**What if you feel peer pressure to do something you are not comfortable with?**

**What do you do when you disagree with the leader's instructions but know you need to follow directions?**

**How will you show you're assuming good will of others?**

**What are you worried about?**

**What are the strategies you will use to remember to take your medicine?**

**What is the difference between sarcasm and disrespect?**

**What if your best friend is depending on you too much and you feel responsible?**

**What will you do if a friend is not making good decisions?**

**How will you respond to people with whom you disagree?**

**What does it mean to lead positively?  
What does it mean to follow positively?**

**What is your plan to be on time for meals and activities?**

**How will you help your friends and roommates be on time for meals and activities?**

**Are there things that will get you automatically sent home? What are they?**