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# CONVERSATION CARDS FOR KIDS & PARENTS

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&

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CHOICES**



2019

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**Did you know three out of four kids say**  
their parents are the number one influence  
on their decisions about drinking?

Creating a conversation with kids is an  
effective way to prevent underage drinking.

**And here's how to start the conversation.**

During family meals ask the kids to draw cards  
from the one of the four categories.  
Help them to enjoy the activity by asking and  
answering the questions on the cards.

Before you know it, meals together will become  
a place of communication for kids and parents  
with full family participation.

## CONVERSATION STARTERS

**Describe how you know  
that you are loved  
by your family?**

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## CONVERSATION STARTERS

**What does it mean  
to be a leader?**

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## CONVERSATION STARTERS

**What is  
the toughest part  
about being  
a 'tween/teen/adult?**

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## CONVERSATION STARTERS

**Who, in your opinion,  
are the best role models  
for teenagers today?**

**What makes them so great?**

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## CONVERSATION STARTERS

**If you didn't need to  
make money,  
what would you  
most likely do  
for the rest of  
your life?**

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## CONVERSATION STARTERS

**What qualities  
do you look for  
in a friend?**

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## CONVERSATION STARTERS

**If you were allowed to go  
anywhere for a vacation,  
where would you go  
and what would you do?**

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## CONVERSATION STARTERS

**What are  
your concerns  
about alcohol?**

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## CONVERSATION STARTERS

**If you could choose any job  
in the world, what job  
would you choose and why?**

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## CONVERSATION STARTERS

**If you had three wishes  
what would they be?**

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## CONVERSATION STARTERS

**What would you do  
if you were President?**

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## CONVERSATION STARTERS

**If you won  
a million dollars,  
what would you  
do with it?**

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SHARING FEELINGS, DREAMS, AND IDEAS

**What was  
the hardest choice  
you ever made?**

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SHARING FEELINGS, DREAMS, AND IDEAS

**What do you like best  
about your life?**

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SHARING FEELINGS, DREAMS, AND IDEAS

**Tell us a favorite memory.**

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SHARING FEELINGS, DREAMS, AND IDEAS

**Tell us three things  
that make you  
a great person.**

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SHARING FEELINGS, DREAMS, AND IDEAS

**Tell us about something  
that makes you laugh.**

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SHARING FEELINGS, DREAMS, AND IDEAS

**Tell us whom  
you admire most  
and why.**

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SHARING FEELINGS, DREAMS, AND IDEAS

**Tell us one way  
you want to  
improve your life.**

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SHARING FEELINGS, DREAMS, AND IDEAS

**What holds you back  
from doing what you  
really want to do?**

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SHARING FEELINGS, DREAMS, AND IDEAS

**What is one thing  
you could do to  
help your family?**

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SHARING FEELINGS, DREAMS, AND IDEAS

**Tell us what things  
make you feel loved.**

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SHARING FEELINGS, DREAMS, AND IDEAS

**When I feel sad**  
**I need fill in the blank.**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What was your first job?**

**Did you like it?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What beliefs  
give you strength?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**Why do you drink?**

**Grown-ups  
can drink,  
why can't I?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What was one thing you did  
when you were a kid that  
made you the happiest?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What is one thing  
that I do that reminds you  
of me when you were a kid?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What was one thing that  
your parents made you do  
that you couldn't stand?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What was the one thing  
that your parents  
were the proudest of?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**Why is  
alcohol bad  
for me?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What do I do  
if my friends ask me  
to drink alcohol?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**Did you drink alcohol  
when you were young?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**Who was your  
best friend  
growing up?**

**Tell us one story  
about the things  
you did together.**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**What is our family history  
around addiction?**

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QUESTIONS KIDS CAN ASK THEIR PARENTS

**When you were my age,  
what did you do for fun?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**If you could have  
any animal as a pet,  
what would it be?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**If you were allowed  
to stop doing one chore  
around the house,  
what would you pick?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**What was the very best  
thing that happened  
to you today?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**What are your concerns  
about alcohol, tobacco  
or drug use?**

**Do you know the different  
health risks of using  
any of them?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**If you had to leave Earth  
on a spaceship and take  
four friends with you,  
who would you take?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**What are some of the things  
you want to do in life  
that you probably  
couldn't do as well if  
you use drugs or alcohol?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**What are the reasons  
you can tell your friends  
why you don't drink alcohol?**

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## QUESTIONS PARENTS CAN ASK THEIR KIDS

**If you knew  
there was  
no chance to fail,  
what job would  
you choose?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**What is a code word  
you can use if you want to  
leave a situation where  
there's alcohol?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**Who is your  
best friend  
and why?**

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QUESTIONS PARENTS CAN ASK THEIR KIDS

**What small thing  
could you do to  
make the world  
a better place?**

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**SOME QUESTIONS DON'T HAVE  
SIMPLE ANSWERS.**

Here are a some websites to help you  
find the complex answers.

**TALK. THEY HEAR YOU.**

[www.samhsa.gov/underage-drinking](http://www.samhsa.gov/underage-drinking)

**ASK. LISTEN. LEARN.**

[www.asklistenlearn.org](http://www.asklistenlearn.org)

**CENTER FOR PARENT  
& TEEN COMMUNICATION**

[www.parentandteen.com](http://www.parentandteen.com)

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