



## LET'S TALK: CHANGE TO CHILL TEEN CONVERSATION STARTERS - BUILDING TRUST



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Finish the sentence: Something I wish I could change at school/work is...because...

What are some of your hobbies? How long have they been your hobbies?

How do you usually spend your out-of-school time?

What will you be doing in 2/5/10 years? What kind of person do you think you will be?

What do you most like to do during the weekends or during your free time?

What would you do if someone you loved was being discriminated against?

Do you speak any languages other than English? Which one(s)?

What timeline and events have had the most significant impact on you and why?

How does it make you feel to talk about personal similarities? Differences?

What is something that you feel passionately about?

How do you like to "chill" or de-stress?

What things/places/people make you happy and why?

How can students in our school better connect and build trust with one another?

If you could wake up tomorrow having gained one ability or quality, what would it be?

What do you like the most about school? What do you like the least?

How would you describe an ideal day?

What makes someone a good friend?

What is life like outside of school for you?

What do you like to do when you're feeling really happy?

What do you like to do when you're feeling sad?

What are five personality traits you like about yourself?

Who do you look up to and what qualities do you admire about them?

Describe the most delicious meal you can think of...

What is one culture you wish you knew more about?

Describe an experience you would like to have this year.

If you could have a lifetime supply of anything, what would it be and why?

What was one thing that made you laugh this week?

What makes you excited?

In what ways is respect shown/not shown in your family?

Would you prefer to be considered naturally talented or hardworking?

When was the last time you did something for a stranger just to be nice? What was it?

Describe the best part of your day...

What scares you most about the future?

What do you do to feel comforted when you are sad?

What are three things you are grateful for today or this week?

What is the best thing about being your age? The worst?

What is something you want to learn how to do and why?

What is the most difficult thing in your life right now? How are you coping?

What is one of your favorite traditions in your family or culture?

Does your schedule seem too busy? What should change?

What is one of your favorite memories from when you were younger? What makes it your favorite?

What is something you wish people knew about you?

How do you know when you can trust another person?

How do you think your teachers see/saw you?

What is something you want to learn more about? Why?

Under what circumstances do you find it hard to say no?

If you could create anything, what would it be and why?

When in your life have you felt the happiest? The saddest? The most vulnerable?

If you could learn any skill or have any talent, what would it be and why?

How would you describe yourself in five words?

What is something unique about you or your family?

When you grow up, what is the first thing you want to do?

What would you do or wish you could do when someone is being picked on?

What's good about a rainy day?

What's good about a sunny day?

What is an achievement you are most proud of?

What can adults do to make teens feel more supported?

What can a teacher/boss do to make students/employees feel more confident?

Does your teacher/boss do these things?

What privilege(s) do you have that some others do not?

How would you convince a friend to not drink alcohol or use other drugs?

What is your earliest memory that some people looked different from you?

Which is worse? Too many or not enough rules. Why?

Do you have any pets? What kind? What are their names?

Finish the sentence: Something I wish my family would do more of is...because...

What is one way you think your life would be different had you been born a different race?

What's a really nice thing that someone has done for you?

Describe what a clear boundary looks like to you...

What or who makes you laugh? Why?

What makes someone a good leader? Describe someone you know who is a good leader.

Describe a time when you wanted to or did stand up to injustice.



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If you could ask the Principal any question, what would it be?

What do you think is the best age to be? Why?

What causes are you most passionate about and why?

What is your earliest memory of becoming aware of your own identity?

What do you think it's like for someone to be different at school?

What's your favorite physical activity and why?

What makes you feel good about yourself?

What has been the biggest change for you personally in the last year?

What privileges do you NOT have that others do?

What stresses you out? When you are under stress, how do you react?

Why do you think two people can have different reactions to the same situation?

Describe what it is like at your school/job.

If you had the option to pick a new first name for yourself, would you? what would you choose?

How do you think the color of a person's skin influences how they see and move about the world?

Do you like being challenged? How?

If you were given \$1,000 to use to help other people, how would you spend it?

Describe what a safe space means to you...

Who are your best friends at school and what do you have in common?

What do you consider to be the best thing that could happen to you? The worst? Why?

Would you rather receive gifts or spend more time with those you care about?

What do you think it's like for someone to struggle in school?

Have you ever met someone who made assumptions about you based on how you look or how you dress?

Have you ever made assumptions about someone based on how they look or how they dress?

What one event has changed your life more than anything else?

Have you ever felt misunderstood by someone in authority? How did that make you feel?