

BREAKING THROUGH THE SILENCE

10 Simple Questions to Connect with Your Teen

Connection doesn't require perfection—it requires presence. These simple questions help create meaningful moments with your teen—because every time they feel seen, heard, and valued, you're breaking through the silence.

C **CREATE DAILY MOMENTS**

Make time for connection in everyday moments—car rides, meals, or quick check-ins. Consistency builds trust over time.

A **ASK QUESTIONS THAT INVITE CONVERSATION**

Ask open, thoughtful questions. Stay curious—not critical—about their world and feelings, without rushing to respond or fix it.

L **LOWER THE PRESSURE OF BIG TALKS**

Not every conversation needs to be serious or deep. Keep it natural and low-pressure so your teen feels safe to open up over time.

L **LISTEN BEFORE FIXING**

Slow down and truly listen. Focus on understanding first—because feeling heard is often more powerful than any solution.

YES

Youth Equipped
to Succeed

1. What's been on your mind lately?
Start open—no pressure.

2. What's been stressing you out recently?
Focus on understanding, not fixing.

3. When do you feel most like yourself?
Notice what brings them peace.

4. What do you wish I understood better about you?
Gives them a voice.

5. What's been making your days better lately?
Look for the positives.

6. What's something you're proud of right now?
Affirm their growth.

7. Is there anything you've been handling on your own?
Gently uncover struggles.

8. What helps you feel supported?
Let them define support.

9. What would you want to do together more?
Creates connection moments.

10. How can I show up better for you?
Builds trust.

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