

# PARENT GUIDE: 25 QUESTIONS EVERY PARENT SHOULD ASK ABOUT VAPING, DRUGS, AND PEER PRESSURE



**Not perfect. Just present.** The most influential conversations happen over time. Use these 25 conversation starters to build trust, strengthen your connection, and become the first person your teen turns to when life gets complicated.

## Questions About Friends & Peer Pressure

1. What kinds of pressures do you think teens face today that adults don't always understand?
2. Have you ever seen someone make a choice just to fit in? What happened?
3. Why do you think it's sometimes hard for people to say no to their friends?
4. How much influence do friends have on the decisions teens make?
5. If a friend pressured you to do something you knew wasn't right, what do you think you would do?

**Parent Tip:** Listen more than you talk. Resist the urge to immediately solve or correct. Understanding how your teen thinks about peer pressure creates trust—and trust makes future conversations easier.

## Questions About Vaping & Drugs

1. What are teens saying about vaping at your school or on social media?
2. Why do you think some teens choose to vape or use drugs?
3. What do you think are the biggest myths or misconceptions about vaping?
4. If someone offered you a vape or another drug, how do you think you would respond?
5. What do you think parents understand—and misunderstand—most about vaping and drugs?

**Parent Tip:** Stay curious, not judgmental. Open-ended questions invite honest conversation and help your teen feel safe sharing what they're really thinking.

Visit [youthequipped.org](https://youthequipped.org) for more parenting resources.

## Questions About Decision-Making

1. What helps someone make a good decision when they're feeling pressured?
2. How do you decide who to trust for advice?
3. If you made a mistake, who would you turn to for help?
4. What qualities make someone a trustworthy friend?
5. What does confidence look like when facing a difficult situation?

**Parent Tip:** Resist the urge to solve every problem. Helping your teen think through situations builds confidence, resilience, and strong decision-making skills.

## Questions That Build Trust & Connection

1. What's something you've been thinking about lately?
2. What do you think adults often misunderstand about being a teen today?
3. What's one thing you wish parents understood better?
4. When do you feel the most supported?
5. If you found yourself in a difficult situation, who would you call first?

**Parent Tip:** Trust is built through small, consistent conversations. You don't need to have all the answers—just be present, listen well, and keep the conversation going.

## Questions About Peer Pressure & Tough Choices

1. What do you think most teens do when they feel pressured at school or social events?
2. If someone offered you a vape, alcohol, or something else at a party, what do you think you'd say?
3. What kinds of situations make it hardest for teens to say no?
4. Have you ever seen something at school that made you uncomfortable?
5. What do you think makes it easier—or harder—to walk away from a situation?

**Parent Tip:** Talk through real-life scenarios before they happen. Practicing responses in advance helps your teen build confidence and make thoughtful decisions when they're under pressure.

**Remember:** The goal isn't one perfect conversation with your teen—it's an ongoing one. These conversation starters are designed to help you create meaningful moments of connection during everyday routines like car rides, meals, and casual check-ins.

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**A connected student  
is a protected student.®**