

# /Ask the Right Questions



Asking the right question (like “**What do you think?**”) during the right moment can help spark a great conversation with your teen. It can also demonstrate your interest in them and their lives.

Here are a few tips and reminders and then check out the resource sheet, *5 Questions to Ask by Topic*, to help you get started. Remember, every teen is different so make sure to use the questions and approaches that will work best for you and your teen.

## The Basics

Before jumping in, here are some important points to keep in mind:



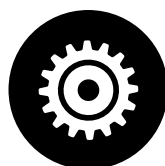
### 1 - Unconditional love

Whatever happens in life and in your relationship with your child, it is critical that they know you love and care about them unconditionally.



### 2 - It's a two-way conversation

It's important your teen doesn't feel like they're being interrogated or they don't have your trust. While asking questions is a great way to prompt conversation, you'll get the most out of it if you also contribute to the conversation and share your own ideas, thoughts and experiences. Just make sure to avoid dominating the conversation, lecturing or providing unsolicited advice.



### 3 - Give them control

There is value in offering your teen some control in their lives, and that applies to conversations as well. For example, have your teen decide where and when to talk. If you're planning an activity together, ask them what they'd like to do or offer a choice of options.



### 4 - Timing is everything

Make sure that you and your teen are both comfortable and in the right frame of mind before talking. Avoid starting a conversation when either of you are upset, angry or distracted.