



# Conversation Jar

## Children (Grades K-4)



Make it easier to talk honestly and openly with your child or teen – especially about the dangers of drugs, alcohol, tobacco and vaping. Just print this sheet, cut out the conversation starters and put them in a jar. You can even decorate the jar. Then, pick conversation starters and discuss them or act them out. Remember to listen without interrupting. Not all these are about substance use. The point is to make short, frequent talks easier and more comfortable.



What's the most delicious dessert you've ever had?	If you could build a robot to do any chore, what would it be?	If you could have a secret hideout, where would it be?	What do you worry about?
What's your favorite vacation that we've taken as a family?	If you could create a new holiday, what would it be?	If you could choose any color for the sky, what would it be?	When have you felt scared?
If you could have any superpower, what would it be? Why?	If you had a magic wand, what's one thing you would change in the world?	What's the most interesting thing you've learned in school this year?	What's a place you've never been but would love to visit someday?
What's the most exciting thing that happened to you today?	If you could have any job in the world, what would it be?	If you could be a character in a book or movie, who would you be?	What do you know about alcohol or drugs?
If you could create your dream room, what would it look like?	What's the best thing that happened to you today?	If you could be a character in a fairy tale, who would you be?	Where did you learn about alcohol or drugs?
If you could create your own video game, what would it be about?	If you could build a time machine, would you go to the past or the future?	If you could only eat one food for the rest of your life, what would it be?	Do you have any friends who've tried to get you to try adult drinks or medicine?
What's the silliest joke you've heard?	What's your favorite book or movie? Why?	What's the most interesting animal you've learned about?	Who do you trust to give you medicine?
What are your favorite things at school?	What's the funniest dream you've ever had?	If you could create your own island, what would it be like?	Why do you think people might use drugs or alcohol?
If you could have any animal as a pet, what would it be?	What's a talent you have that you're proud of?	What's your favorite type of weather?	If someone offered you drugs or alcohol, what would you do?
What's your favorite thing about your best friend?	If you could have dinner with a famous person, who would it be?	If you could have a pet dinosaur, what would you name it?	Do you think it's OK to take medicine from your parents' medicine cabinet?
What's your favorite holiday? Why?	What's your favorite way to spend a rainy day?	If you could change one family rule, what would it be?	Have you ever felt like no one was listening to you? When?
What's the most delicious meal you can think of?	Is it gross to smoke or use a vape pen? Why do you think people use them?	How can you say "no" if somebody asks you to drink alcohol or take a pill you're not supposed to?	Is it OK to drink anything in your refrigerator, even from a bottle or can that belongs to your parents?



# Conversation Jar

## Tweens (Grades 5-8)



Make it easier to talk honestly and openly with your child or teen – especially about the dangers of drugs, alcohol, tobacco and vaping. Just print this sheet, cut out the conversation starters and put them in a jar. You can even decorate the jar. Then, pick conversation starters and discuss them or act them out. Remember to listen without interrupting. Not all these are about substance use. The point is to make short, frequent talks easier and more comfortable.



What's the funniest joke you've heard recently?	What's the best/worst thing that happened to you today?	What's the most delicious meal you can think of?	What famous person would you invite to dinner?
What's your favorite thing about our family?	What's a talent you have that you're proud of?	Have you ever felt like no one was listening to you? When?	If you could change one family rule, what would it be?
If you could have any animal as a pet, what would it be?	Who's your favorite singer and why?	What's your favorite thing about your best friend?	If you could make a movie, what would it be about?
If you could only eat one food for the rest of your life, what would it be?	What's a place you've never been but would love to visit someday?	If you're ever in an uncomfortable social situation, how can I help?	If you could build a time machine, would you go to the past or the future?
What's your favorite holiday? Why?	If you could build a robot to do any chore, what would it be?	When have you felt nervous?	What have you learned about the health effects of vaping?
Do you know any songs that have lyrics about drugs? What do you think about them?	What's the most exciting outdoor activity you can think of?	How can I help you make smart decisions about drugs and alcohol?	What is it about drugs and alcohol that make you curious?
What's your favorite family tradition?	If you could have any job for a day, what would it be?	What do you know about drugs, alcohol, or vaping?	If you could create your own island, what would it be like?
What school activities do you enjoy the most?	Has anyone at school offered you drugs or alcohol?	Why do you think people might use drugs or alcohol?	What's the most delicious dessert you've ever had?
What's the most interesting thing you've learned in school recently?	If you could have any vehicle (real or fictional), what would it be?	Have you ever seen someone offering drugs, alcohol, or vaping on social media?	What would you do if someone offered you drugs, alcohol, or a vape?
What honest information and advice can I give you about drugs and alcohol?	What kind of dangers or risks do you know about related to drugs and alcohol?	If you could create your own video game, what would it be about?	How can we practice saying "no" to peer pressure together?
Have you seen or heard of any real-life stories or news events about drugs, alcohol, or vaping that we can discuss?	Can you tell me why we have family rules and expectations regarding drugs and alcohol?	Do you know what happens when someone uses drugs or drinks too much alcohol?	How do you think drug and alcohol use can impact someone's life, like their relationships, school, or job?
What are some healthy ways to cope with stress, anxiety, or peer pressure instead of using alcohol, tobacco, or drugs?	What are some of your goals and dreams for the future? How do you think alcohol and drugs could mess up those dreams?	Who are some trusted adults you can talk to if you ever feel pressured to try drugs, alcohol, or a vape?	What can we do as a family to help make safe and healthy choices when it comes to alcohol, tobacco, vaping, and drugs?



# Conversation Jar

## Teens / Young Adults (Grades 9-12+)



Make it easier to talk honestly and openly with your child or teen – especially about the dangers of drugs, alcohol, tobacco and vaping. Just print this sheet, cut out the conversation starters and put them in a jar. You can even decorate the jar. Then, pick conversation starters and discuss them or act them out. Remember to listen without interrupting. Not all these are about substance use. The point is to make short, frequent talks easier and more comfortable.



If you could time travel to change one thing, what would it be?	What do you know about drugs?	How can we practice saying "no" to peer pressure together?	What are some healthy ways to relax or unwind?
What's the most interesting thing you've learned in school recently?	Why do you think people decide to use drugs or alcohol?	If you could change one family rule, what would it be?	Is there any stress in your life I can help with?
If you're ever in an uncomfortable social situation, how can I help?	What kind of dangers or risks do you know about related to drugs and alcohol?	Do you think problems with alcohol or drugs can be inherited?	What would you do if someone offered you drugs, alcohol, or a vape?
What's your favorite family tradition?	Do you know what alcohol poisoning is?	What do you think addiction means?	Has anyone at school offered you drugs or alcohol?
What famous person would you invite to dinner?	Do you know what binge drinking is?	What do you know about tobacco products or vaping?	If you could have any job in the world, what would it be?
Do you know what happens when someone uses drugs or drinks too much alcohol?	Have you ever seen someone offering drugs, alcohol, or vaping on social media?	How can we maintain open and honest communication about drug and alcohol use?	What would help make you feel more comfortable about talking to me about drugs and alcohol?
What's your favorite type of music or song?	When have you felt nervous... excited...scared?	What have you learned about the health effects of vaping?	When have you ever felt not listened to?
What's a place you've never been but would love to visit someday?	What are the signs that someone may be using drugs or alcohol?	Do you think adults always make good decisions about alcohol and drugs?	What are the signs that someone may have an addiction problem?
Do you know any songs that have lyrics about drugs? What do you think about them?	What are some of the short-term and long-term effects of drug and alcohol use?	Do you know how someone becomes addicted to drugs, alcohol, or vaping?	How can I make it easier for us to talk about drugs, alcohol, and vaping?
What is it about drugs and alcohol that make you curious?	How can responsible choices regarding drugs and alcohol help you achieve your goals?	How do you think we can support each other in making responsible choices about substance use?	What honest information and advice can I give you about drugs and alcohol?
When do you think people are old enough to make their own decisions about drinking and drugs?	Who are some trusted adults you can talk to if you ever feel pressured to try drugs, alcohol, or a vape?	What are your goals and dreams for the future? How do you think alcohol and drugs could mess up those dreams?	Do you understand the dangers of getting in a car with a driver who's been drinking?
Have you seen or heard of any real-life stories or news events about drugs, alcohol, or vaping that we can discuss?	What can we do as a family to help make safe and healthy choices when it comes to alcohol, tobacco, vaping, and drugs?	What are some healthy ways to cope with stress, anxiety, or peer pressure instead of using alcohol, tobacco, or drugs?	Imagine it's 25 years from now and you have a child the same age as you are now. What would you say to them about drinking and drugs?