



How to talk with your 9th grader...

Purpose: Teenagers can be hard to talk with. The most important thing we can do to support them during the challenging transition of 9th grade is to talk with them and listen to them. We don't have to agree or even understand. We just need to keep inviting their voice to share their life, thoughts, and cares, and let them know we are there for them no matter what. Below are some questions and stems we can use to start or continue conversations with our teens.

Tell us about your day...

How do you feel?

What is the most interesting thing that happened today?

What did you learn today?

How are your friends?

What were the highs and lows of your day?

Tell us about something that was easy today...

What about something that was medium?

What was the hardest thing you did today?

What are you looking forward to?

What was the best moment of your day?

What was the worst moment of today?

Talk more about that...

Can you explain further?

Can you give an example?

Say more...

You look like you have something on your mind...

What is the most important thing in your life right now?

If you could make something (or someone) disappear, what (or who) would it be?

If you had one wish that could come true right now, what would it be?