

Helping Teens Navigate Connection with Confidence

These questions are meant to spark thoughtful, real conversations between you and your teen. You don't have to ask them all at once—pick a few each week, talk during a walk or car ride, and let the conversation flow naturally.

Healthy Friendships

- What does a healthy friendship look like to you?
- Have you ever had a friendship that felt one-sided? How did you handle it?
- What kind of friend do you want to be?
- Do you feel pressure to “fit in” or act a certain way around friends?

Setting Boundaries

- What's one boundary you've had to set (or wish you had)?
- How do you respond when someone crosses your boundary?
- How do you know when a relationship is becoming unhealthy?
- Why do you think it's hard sometimes to say “no”?

Dating & Romantic Relationships

- What do you think makes a dating relationship healthy or unhealthy?
- How can you guard your heart while still being open to connection?
- What role should faith and values play in a relationship?
- What would “respect” look like in a relationship—on both sides?

Communication

- What's one thing you wish people understood about you?
- How do you handle conflict—with friends, family, or others?
- What's one thing you're working on when it comes to communication?
- How do you stay true to yourself in group settings?

Faith & Influence

- How do you think your faith shapes your relationships?
- Who in your life has modeled healthy boundaries or strong character?
- What does it mean to “love others like Jesus” in today's world?
- How do you know when to walk away or take a step back?

Tips for Parents:

- Listen more than you talk.
- Don't rush to fix or give advice—ask follow-up questions and stay curious.
- Share your own stories of growth, mistakes, and learning.
- Pray together or separately over the things they're navigating.