

# Parent and Caregiver Conversation Starters

## HIGH SCHOOL

Use the prompts below to help start discussions with your child around social health, mental health and personal health and safety.

In this document, you'll find a series of prompts organized by topic. Each topic includes the following:

- ▶ Child-friendly, age-appropriate definition of the topic;
- ▶ “Ask” section with an initial question;
- ▶ “Follow Up” section with additional question(s); and
- ▶ “Go Beyond” section that provides guidance and ideas on how you can continue the conversation to go a bit deeper.

### Tips for Talks

Here are some tips for having meaningful conversations with your child:

- ✓ **Be curious** — Ask questions without judgement.
- ✓ **Be open-minded** — Remember what it was like to be a child at their age and what was important at that time.
- ✓ **Listen** — Let them do most of the talking and ask questions that can't be answered with one word.
- ✓ **Relate** — Look for opportunities to relate to what your child is saying and reaffirm their feelings.
- ✓ **Research together** — Sometimes we might not know an answer to a question (and that's OK!). Use this opportunity to model how to find reliable resources online with your child.

### SOCIAL HEALTH

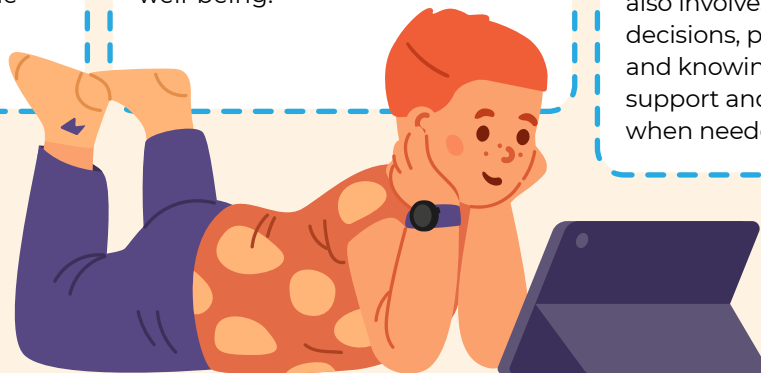
Social health is the ability to build and maintain positive relationships, communicate effectively, and navigate social situations in a healthy way. It involves respecting boundaries, resolving conflicts, showing empathy, and creating meaningful connections that support emotional well-being. This includes our digital/online footprint (what we post, like, share, message) as well.

### MENTAL HEALTH

Mental health is our emotional, psychological, and social well-being. It affects how we think, feel, and handle stress, relationships, and challenges. Taking care of our mental health means recognizing our emotions, managing stress in healthy ways, and seeking support when needed to maintain balance and well-being.

### PERSONAL HEALTH AND SAFETY

Personal health and safety is about understanding and respecting your body, relationships, and personal boundaries. It includes having accurate information about human development, consent, safe and healthy relationships, and reproductive health. Personal health and safety also involves making informed decisions, practicing self-respect, and knowing where to seek support and reliable information when needed.



# HIGH SCHOOL



**BEYOND THE CHECK-IN**  
Empowering Parent-Student  
Dialogues About Health

## Social Health



### Ask

How do you manage your media and technology use in ways that benefit your social health? Is there any specific content that you watch, play, and/or listen to that benefits your social health?

### Follow Up

- ▶ How are you different online than you are in person?
- ▶ How does content you consume on social media/online impact the way you see yourself and others?
- ▶ When you deal with moments of insecurity or find it difficult to share your emotions in person, do you find yourself going online or using social media to express yourself? If so, what do you say or do?

### Go Beyond

Use this prompt to start talking with your teen about managing their online presence and community. These conversations help to navigate today's digital landscapes and how your teen views them as a resource, not the source. Encourage your teen to follow and subscribe to platforms that make meaningful connections and enhance their social and mental health. These dialogues can increase your ability to help your teen balance interactions that are online and in person.

## Mental Health

### Ask

How does social media impact your mental health?

### Follow Up

- ▶ How does your emotional state impact what media you engage with? I'd love to see some examples of what you like to engage with. (Then share some examples of what you like to listen to or watch when you are in a similar emotional state.)
- ▶ I know managing mental health can be a journey. How can you use your media platforms as a resource to encourage positive mental health?

### Go Beyond

Use this prompt to open conversations up around what your teen is consuming and how it may affect their mental wellness. These conversations should lead to a healthy, ongoing conversation on the importance of upholding our own identity, being aware of malicious content, and knowing what is reliable or not.



## Personal Health and Safety

### Ask

How do unrealistic portrayals of bodies, relationships and sexual behavior impact you?

### Follow Up

- ▶ If you needed information regarding healthy relationships and consent, where would you turn to? To find these examples, do you go online?
- ▶ When online, how do you know whether the site or individual is trustworthy, especially with regard to your personal information or photos?
- ▶ Thinking about the site or individual that you mentioned: Would you trust them to provide you the right information on your favorite topics or hobby? Why or why not?

### Go Beyond

Use this prompt to start talking with your teen about identifying communities and individuals who display healthy or negative relationship behaviors. These dialogues can spread light to consent, safety, and the emotional aspects of media. Ongoing dialogues on sexual health regarding media can reduce risky behaviors and set boundaries. Share with your teen that media relationships — especially sexual ones — do not reflect reality.