How to Have Great Conversations with your Middle Schooler

Be available...
...IN WAYS THEY CAN SEE AND EXPERIENCE.

Find regular, consistent times for relational check-ins
(morning drop-off, after dinner walk, etc.)

Enter their world and do something together that your student enjoys.

Be interruptible.

Remove distractions
(take out the AirPods, put down the phone, close the laptop, mute the TV, etc.)

Quantity time leads to quality time!

Ask curious questions...
...TO GET YOUR STUDENT TALKING AND LEARN MORE ABOUT THEM.

Getting Started:
- If you could plan your perfect day, what would you do?
- What's something good that happened today?
- What is something that you'd like to try or learn to do?
- What kind of music do you like? Or favorite artist?

When they share something heavy:
- How do you feel about it?
- What do you think should happen?
- How can I help?

Make it easy...
...FOR YOUR STUDENT TO FEEL SAFE TO OPEN UP.

Keep it light—try not to take anything too seriously or too personally.

Choose a time and a place that makes it easy to talk.
(playing a game, taking a drive, ice cream, etc.)

Do something together your student enjoys.
- Go for a walk.
- Play a video game.
- Start a Netflx series.

It's a widely known fact that food is the way to a teenager's heart. So, here are some tips:
- *Have an impromptu coffee date after school.*
- *Grab dinner together before practice.*
- *Do a late-night ice cream run.*

Intentionally encourage your student with your words.

Build their confidence.

Choose to respond rather than react and try not to freak out!

Try to listen to understand, not to solve.