

# [ OPERATION PARENT ]

## STARTING CONVERSATIONS WITH YOUR MIDDLE/HIGH SCHOOLER

### A Call To Parents

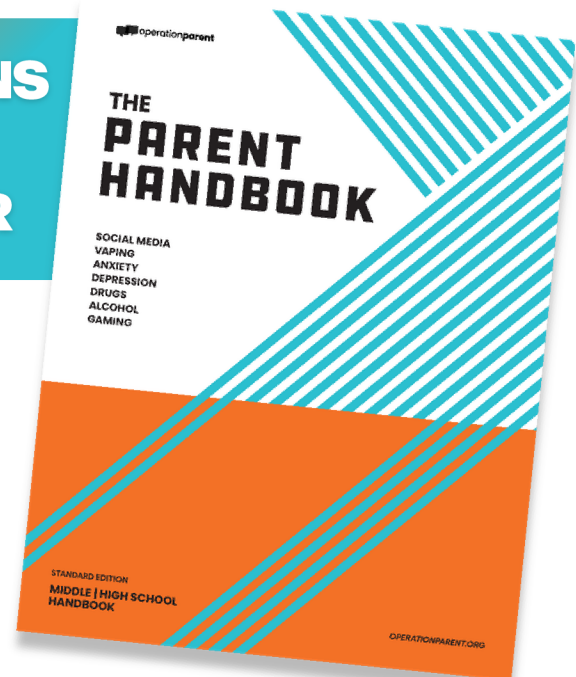
Ask open-ended questions:  
"What," "How," and "Who" to  
encourage discussion.

### Technology

How do you feel after  
scrolling on social media -  
better, worse? Why?

### Emotional & Mental Health

How have you been feeling  
lately - stressed, excited,  
frustrated, something else?



### Alcohol, Nicotine & Drugs

What do others your age say  
about vaping, drinking, or  
getting high?

### Risky Behaviors

Have you ever felt pushed to  
do something just to fit in?  
What happened?

Discover a conversation starter from each chapter of the Middle/High School Parent Handbook, making it easier to have casual, courageous talks with your child. The Handbook covers topics that matter most today, like social media, screen time, substance use, and mental health, with practical tips and guidance for every caregiver. At Operation Parent, we believe empowering parents in these moments strengthens families for a lifetime.

**For more conversation starters, check out our Parent Handbooks!**  
[operationparent.org](https://www.operationparent.org)