Examples of Meaningful Conversation Questions

It is sometimes difficult for us to think of ways to approach sensitive topics and have meaningful conversations with our youth. Below are some examples of different ways to start a conversation using open-ended coaching questions about underage drinking and sober driving.

- Why do you think the legal drinking age is 21?

- Why do you think those under 21 would choose to drink?

    - At this point, if specific activities, situations, or events are mentioned...
        - What would it look like to participate in those activities, situations, or events without alcohol?

- What if the parents allow alcohol at the party?

- What would you do if your best friend asked you to drink?

- What do you think would happen if your ride from the party started drinking? What would your plan be?

- What are some of the things you are looking forward to after graduation? How do you think those would be affected if you make poor choices involving alcohol?

- What do you think about kids who drink and drive?

- If you have been out and have been drinking, do you think that you will always know if you are impaired?

- If there's drinking at the party, what will you do?
    - I know that it is hard to say no to your friends at a party where drinking is going on, how do you think you'd handle it? Would you like to practice what you could say?

- I want you to know that you can always call me to drive you home if you have been drinking or your driver has been drinking. Is there anything that I can do to help you feel more comfortable making that call should the time come?

- If there is no one around who has not been drinking to drive home, what options would you consider?

- A great way to avoid peer pressure to drink is to offer to be the designated driver for your friends. Then you have a great reason to abstain from drinking. Is this something you would consider doing? If not, what are your concerns?

- How can we (your parents) help support you in good decision making around alcohol and not drinking and driving?