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?