Parent Discussion Cards

FOR PARENTS

How to use these cards

Pull one card at a time. The car, the dishes and the drive to practice work better than a sit-down talk.

- Ask, then listen more than you talk.
- Ask about “kids at school,” not your teen.
- Stay calm whatever you hear. Thank them for being honest.
- Ten five-minute talks beat one long one.

SOBER THOUGHTS · DYNAMIC INFLUENCE

THE ASSEMBLY 01

Which trick fooled you the most? How did he connect it to making decisions?

WHY ASK
Start with the magic. A teen who explains the trick usually explains the lesson too.

SOBER THOUGHTS · PARENT DISCUSSION CARDS

BUILD YOUR LIFE 02

What do you want your life to look like at 25? What would help you get there?

WHY ASK
He asked students to picture the person they want to be, then work backward to today.

SOBER THOUGHTS · PARENT DISCUSSION CARDS

CHAIR CIRCLE 03

What's a mistake people your age can bounce back from, and one that's harder to undo?

WHY ASK
One volunteer letting go dropped the whole circle. Big decisions stack the same way.

SOBER THOUGHTS · PARENT DISCUSSION CARDS

YOLO 04

Why do people say “you only live once” right before doing something dumb?

WHY ASK
He flipped it: if you only live once, that's the reason to make the smart choice.

SOBER THOUGHTS · PARENT DISCUSSION CARDS

PRESSURE 05

When something gets offered at a party, what do kids usually say? What would you say?

WHY ASK
Pressure lasts about as long as a handshake. A line picked ahead of time comes out easier.

SOBER THOUGHTS · PARENT DISCUSSION CARDS

PERCEPTION 06

Do you think kids your age overestimate how many others vape or drink?

WHY ASK
In 2024, two in three U.S. 12th graders hadn't used alcohol, nicotine or marijuana in the past month.

SPOTLIGHT 07

Why does it feel like everyone is watching you in the moment someone offers you something?

WHY ASK
"Everyone is the main character in their own movie." They're worried about themselves.

STRESS 08

What stresses kids at your school most? What actually helps them get through it?

WHY ASK
The lobster grows by shedding a tight shell. Stress is a signal to grow, not to escape.

FAILURE 09

What's something you failed at that taught you a lot?

WHY ASK
Share one of yours first. Teens open up faster when parents go first.

COMPARISON 10

Does social media make people feel worse about themselves? How?

WHY ASK
We compare our whole truth to everyone else's "social mask."

BOREDOM 11

What do kids around here do when they're bored? What could they do instead?

WHY ASK
"Be productive, not destructive." Ask what they'd like to learn or build.

Parent Discussion Cards

CONSIDER THE SOURCE 12

Who do you think benefits when teens believe vaping is harmless?

WHY ASK

The people calling it safe are usually the ones who use it or sell it.

PILLS 13

Why is it risky to take a pill from a friend, even if it looks like a real prescription?

WHY ASK

Fake pills can look identical to real ones and contain fentanyl. You can't tell by looking.

FAMILY 14

Is there anything about our family's history with alcohol or drugs you'd like to know?

WHY ASK

Family history raises risk. Knowing it gives your teen a real reason, and a real line.

FOR PARENTS

The "FINE" code word

1. Pick a word that looks normal in a text.
2. You text "How's it going?" The code word means "come get me."
3. Call and play the bad guy: "You didn't clean your room. I'm coming to get you."
4. No lecture that night. Talk calmly the next day.

FOR PARENTS

Lines your teen heard

"Nah, I'm good."

"I tried it. Didn't like how it made me feel."

"Addiction runs in my family. I don't mess with it."

"My parents test me."

Tell your teen out loud: you can always blame me.

KEEP THIS ONE

Where to get help

911	Overdose or emergency
988	Call or text, any crisis, 24/7
1-800-662-4357	SAMHSA National Helpline, 24/7
Text CONNECT	to 55753. Partnership to End Addiction, parent support
Text DITCHVAPE	to 88709. Teen vape-quitting help, 13+
Local help	_____