

## Table Talk

Conversation starters to **connect** with your teen

- **What are you most excited about/looking forward to today?**
- What superpower do you wish you could have?
- **How do you deal with stress?**
- Imagine you just one 1 million dollars, what would you buy first?
- **What would make the world a better place?**
- If you had one wish, what would it be?
- **What is your favorite part of the day?**
- What language would you like to learn? Why?
- **What is something you are really good at?**
- What is something you've always wanted to try?
- **Who do you eat lunch with at school?**
- What is something that makes our family special?
- **What makes a good friend? Do you feel like you have any friends like that?**

For more resources and information about the SFC of West Seneca & Orchard Park please visit:

[substancefreecoalition.org](http://substancefreecoalition.org)



OF WEST SENECA & ORCHARD PARK

## Table Talk

Conversation starters to **connect** with your teen

- **What are you most excited about/looking forward to today?**
- What superpower do you wish you could have?
- **How do you deal with stress?**
- Imagine you just one 1 million dollars, what would you buy first?
- **What would make the world a better place?**
- If you had one wish, what would it be?
- **What is your favorite part of the day?**
- What language would you like to learn? Why?
- **What is something you are really good at?**
- What is something you've always wanted to try?
- **Who do you eat lunch with at school?**
- What is something that makes our family special?
- **What makes a good friend? Do you feel like you have any friends like that?**

For more resources and information about the SFC of West Seneca & Orchard Park please visit:

[substancefreecoalition.org](http://substancefreecoalition.org)



OF WEST SENECA & ORCHARD PARK

# Table Talk

Conversation Starters & facts about **risky** behaviors: for teens

“...Today’s teenager is tomorrow’s potential customer...”

(Philip Morris Marlboro Cigarettes: Marketing Research 1981, tobaccofreekids.org)

a **600 puff vape** lasts apx. **4 DAYS** & is the equivalent to smoking **40** cigarettes



In NYS you **MUST** be 21 to.

- Vape
- Smoke Cannabis
- Drink Alcohol

- Do you know any kids at school who vape or use cannabis?
- **Do you ever feel pressured to try [vaping, cannabis, or drinking]?**
- Did you know Nicotine is an extremely addictive substance & speeds up the production of cancer cells?

SmokefreeTXT for Teens  
text **QUIT** to **47848**



OF WEST SENECA & ORCHARD PARK

# Table Talk

Conversation Starters & facts about **risky** behaviors: for teens

“...Today’s teenager is tomorrow’s potential customer...”

(Philip Morris Marlboro Cigarettes: Marketing Research 1981, tobaccofreekids.org)

a **600 puff vape** lasts apx. **4 DAYS** & is the equivalent to smoking **40** cigarettes



In NYS you **MUST** be 21 to.

- Vape
- Smoke Cannabis
- Drink Alcohol

- Do you know any kids at school who vape or use cannabis?
- **Do you ever feel pressured to try [vaping, cannabis, or drinking]?**
- Did you know Nicotine is an extremely addictive substance & speeds up the production of cancer cells?

SmokefreeTXT for Teens  
text **QUIT** to **47848**



OF WEST SENECA & ORCHARD PARK