



BEYOND THE FRONT DOOR

“What would you do if ...?": Essential Conversations

Becoming a teenager means stepping into a new and exciting world - which also may raise potential concerns.

As parents we can't plan everything for our children, but it's useful to be proactive and discuss a range of "What if ..." scenarios to give them the opportunity to build resilience and develop confidence in their new and expanding world.

It is important to choose the right time, and keep it calm and casual.

Who can your teen turn to for advice? It may not be just you.

“What would you do if?”

Conversations starters ...

Sometimes an incident on TV, in the media, a book or something that has happened to another teen they know, may provide an opportunity to introduce the subject and ask them whether they think the person did the right thing or what they would have done in a similar situation.

Situations may include ...

- ✚ someone is bullying them
- ✚ someone they know is being hurt
- ✚ losing their mobile, wallet or opal card
- ✚ having an "accident"
- ✚ being offered alcohol
- ✚ being offered drugs
- ✚ feeling unsafe (for whatever reason)
- ✚ cyberbullying
- ✚ a friend invites them to an empty house
- ✚ they are invited for a "joy" ride
- ✚ being "dared" to ?

