



Backpack Conversations

Children (Grades K-4)



Make it easier to talk to your kids about alcohol, drugs, tobacco, and vaping at an early age – or any age. Cut out these conversation starters and put one in your child’s school backpack or lunch a couple times a week. Then, find a good time to talk about whatever is on the conversation starter. Not all of them are about alcohol and drugs. The point is to make short, frequent talks with your kids easier and more comfortable.



If you could have any superpower, what would it be? Why?



What do you know about alcohol or drugs?



What's your favorite vacation that we've taken as a family?



Do you think it's OK to take any medicine that you see in your parents' medicine cabinet?



If you could travel anywhere, where would you go?



Why do you think people might use drugs or alcohol?



What's the most exciting thing that happened to you today?



If someone offered you drugs or alcohol, what would you do?



If you could create your dream room, what would it look like?



What are some ways to say "no" if somebody asks you to drink alcohol or take a pill that you're not supposed to?



What's the most interesting thing you've learned in school this year?



When have you felt scared?



What's a talent you have that you're proud of?



Have you ever felt like no one was listening to you? When?



If you could change one family rule, what would it be?



What's the funniest dream you've ever had?



What do you worry about?



If you could create a new holiday, what would it be?



If you could be a character in a book or movie, who would you be?



Is it gross to smoke or use a vape pen? Why do you think people use them?



If you could have a pet dinosaur, what would you name it?



Who do you trust to give you medicine?



What's your favorite type of weather?



What's your favorite thing about your best friend?



If you could build a robot to do any chore, what would it be?



If you could create your own video game, what would it be about?



Backpack Conversations Tweens (Grades 5-8)



Make it easier to talk to your kids about alcohol, drugs, tobacco, and vaping at an early age – or any age. Cut out these conversation starters and put one in your child’s school backpack or lunch a couple times a week. Then, find a good time to talk about whatever is on the conversation starter. Not all of them are about alcohol and drugs. The point is to make short, frequent talks with your kids easier and more comfortable.



If you could have any superpower, what would it be? Why?



What do you know about alcohol or drugs?



What’s the most interesting thing you’ve learned in school this year?



What honest information and advice can I give you about drugs and alcohol?



If you could have any vehicle (real or fictional), what would it be?



Do you know any songs that have lyrics about drugs? What do you think about them?



When have you felt nervous?



Have you ever seen someone offering drugs, alcohol, or vaping on social media?



What’s the funniest joke you’ve heard recently?



How can we practice saying “no” to peer pressure together?



What's the most delicious meal you can think of?



What are some healthy ways to cope with stress, anxiety, or peer pressure instead of using alcohol, tobacco, or drugs?



What's your favorite thing about your best friend?



What are some of your goals and dreams for the future? How do you think alcohol and drugs could mess up those dreams?



If you could have any job in the world, what would it be?



Have you ever felt like no one was listening to you? When?



What's your favorite family tradition?



Has anyone at school offered you drugs or alcohol?



If you could only eat one food for the rest of your life, what would it be?



Who are some trusted adults you can talk to if you ever feel pressured to try drugs, alcohol, or a vape?



If you could change one family rule, what would it be?



What kind of dangers or risks do you know about related to drugs and alcohol?



What's a place you've never been but would love to visit someday?



If you could have any animal as a pet, what would it be?



What's your favorite thing about our family?



What's a talent you have that you're proud of?



Backpack Conversations

Teens / Young Adults (Grades 9-12+)



Make it easier to talk to your kids about alcohol, drugs, tobacco, and vaping at an early age – or any age. Cut out these conversation starters and put one in your child’s school backpack or lunch a couple times a week. Then, find a good time to talk about whatever is on the conversation starter. Not all of them are about alcohol and drugs. The point is to make short, frequent talks with your kids easier and more comfortable.



What’s your favorite family tradition?



What are the signs that someone may be using drugs or alcohol?



What’s the most interesting thing you’ve learned in school this year?



Have you ever seen someone offering drugs, alcohol, or vaping on social media?



When have you felt nervous...excited...scared?



Imagine it’s 25 years from now and you have a child the same age as you are now. What would you say to them about drinking and drugs?



What are some healthy ways to relax or unwind?



What is it about drugs and alcohol that make you curious?



If you could time travel to change one thing, what would it be?



Do you think adults always make good decisions about alcohol and drugs?



Is there any stress in your life I can help with?



Do you understand the dangers of getting in a car with a driver who's been drinking?



If you could change one family rule, what would it be?



What would help make you feel more comfortable about talking to me about drugs and alcohol?



When have you ever felt not listened to?



What are the signs that someone may have an addiction problem?



What's the best thing about being your age?



When do you think people are old enough to make their own decisions about drinking and drugs?



What's a skill you'd like to learn in the future?



What have you learned about the health effects of vaping?



If you had a magic wand, what's one thing you would change in the world?



Do you know what alcohol poisoning is?



What's a talent you have that you're proud of?



Who are some trusted adults you can talk to if you ever feel pressured to try drugs, alcohol, or a vape?



If you could visit any fictional world, which one would it be?



Do you know any songs that have lyrics about drugs? What do you think about them?