



52 Family Check-in Questions

One question a week, for a year of better conversations with your teen.

How to use this guide

- 1 Pick a regular time.** The same day each week works best: a Sunday drive, a Wednesday dinner, a walk after school.
- 2 Ask one question.** Go in order or choose the one that fits the week.
- 3 Let them answer their way:** out loud, in a note, or by text.
- 4 Listen first.** Say "Thank you for telling me" before anything else. Save advice for later, and only if they want it.
- 5 Follow up.** Mention what they shared later in the week so they know you heard them.

Ground rules for parents

- No lectures during a check-in. This is their time to talk.
- No punishment for honesty. If something needs addressing, handle it calmly at a separate time.
- It's okay if they pass. Try again next week.
- Keep what they share private unless their safety is at risk.

If your teen shares something serious: stay calm and thank them for trusting you. If they mention thoughts of self-harm, abuse, or being in danger, get help right away: call or text **988** (Suicide & Crisis Lifeline), or call **911** in an emergency.

Bold180 offers parenting guidance and support. It is not a substitute for medical or mental health care.

Getting to know them (Weeks 1–13)

Week 1	What was the best part of your week? What was the hardest?
Week 2	What's something you're really into right now that I might not know about?
Week 3	If you could spend a whole Saturday doing anything, what would it be?
Week 4	Who is someone you look up to, and why?
Week 5	What's a song, show or video you can't stop thinking about lately?
Week 6	What's something you're proud of that you haven't told me?
Week 7	What makes a good friend, in your opinion?
Week 8	What's one thing you'd like to get better at this year?
Week 9	What's your favorite memory of our family?
Week 10	If you could live anywhere for a year, where would you go?
Week 11	What's something that always makes you laugh?
Week 12	What do you think you'd be great at as a job someday?
Week 13	What's one question you've always wanted to ask me?

School, friends and daily life (Weeks 14–26)

Week 14	Is anything stressing you out at school right now?
Week 15	Who have you been spending time with lately? What do you like about them?
Week 16	Which class or teacher do you like most right now? Why?
Week 17	Has anyone been unkind to you or someone you know lately?
Week 18	What's the hardest part about being your age right now?
Week 19	Is there a group or activity you wish you could try?
Week 20	How do you feel about the amount of time you spend online?
Week 21	What's something adults don't understand about your generation?
Week 22	When do you feel most like yourself?
Week 23	Is there anything you're worried about that you haven't said out loud?
Week 24	What does a really good day look like for you?
Week 25	Who do you go to when something goes wrong?
Week 26	What's one thing that would make school or your routine easier?

Us and our home (Weeks 27–39)

Week 27	Is there anything you wish I understood better about your life right now?
Week 28	When do you feel most heard by me? When do you feel least heard?
Week 29	If you could change one thing about our home, what would it be?
Week 30	What's one family tradition you'd want to keep forever?
Week 31	Is there a rule you think is unfair? Tell me why, and I'll listen.
Week 32	What's one thing I do that makes you feel loved?
Week 33	What's one thing I could do less of?
Week 34	How can I support you better when you're upset?
Week 35	Is there something you've wanted to tell me but weren't sure how?
Week 36	What do you want our family to be known for?
Week 37	What's one thing you'd like us to do together this month?
Week 38	How do you like to be encouraged: words, time, or something else?
Week 39	What's something I've done that you'd do differently as a parent?

Dreams, values and the future (Weeks 40–52)

Week 40	What does being a good person mean to you?
Week 41	What's one goal you have for the next year?
Week 42	What would you do if you knew you couldn't fail?
Week 43	What's a mistake you learned something from?
Week 44	Who do you want to become in five years?
Week 45	What's something you believe in strongly?
Week 46	How do you handle it when someone pressures you to do something?
Week 47	What's one way you'd like to help other people or your community?
Week 48	What scares you about growing up? What excites you?
Week 49	What's one skill you'd like to learn before you leave home?
Week 50	How do you know when you can trust someone?
Week 51	What's the best advice anyone has ever given you?
Week 52	Looking back on this year of check-ins, what's one thing you'd like to keep doing together?

Want more help finding the right words? Join the Bold180 waitlist at bold180youths.org/join to be among the first to try the 180 Coach, our coaching assistant for parents.