

GREEN FLAGS

Conversation Starters

Conversations between caregivers and teens support healthy behaviors. These cards provide an opportunity to express your thoughts, feelings, and experiences related to dating/romantic relationships. When you talk openly together, you can learn from each other, help to problem solve, and build confidence for navigating challenges in the future.

There is no right or wrong answer for these questions - we hope you'll take time to reflect together.

CONVERSATION STARTERS
GREEN FLAGS

Green flags are positive behaviors that support healthy relationships. What are green flags for you?

CONVERSATION STARTERS
GREEN FLAGS

What would make you a better partner in a relationship?

CONVERSATION STARTERS
GREEN FLAGS

FREE CHOICE:
Choose your own question.

CONVERSATION STARTERS
RED FLAGS

Red flags unsafe behaviors that can create unhealthy/abusive relationships. What are red flags for you?

CONVERSATION STARTERS
RED FLAGS

What would make you feel stuck/trapped/pressured in a relationship?

CONVERSATION STARTERS
RED FLAGS

FREE CHOICE:
Choose your own question.

CONVERSATION STARTERS
BE A FRIEND

What advice would you give to your friend if they notice red flags in a dating partner?

CONVERSATION STARTERS
BE A FRIEND

If you were in an unsafe relationship, who is a friend that you could talk to about it? You can call, text or chat with a Green Flags Pro.

CONVERSATION STARTERS
BE A FRIEND

FREE CHOICE:
Choose your own question.

CONVERSATION STARTERS
HEALTHY COMMUNICATIONS

Is it easier to talk about relationships in person or via text/DMs? Why?

CONVERSATION STARTERS
HEALTHY COMMUNICATIONS

Do you need space or to talk right away after a conflict? How do you communicate that to another person?

CONVERSATION STARTERS
HEALTHY COMMUNICATIONS

Which is more important: our body language or our words? Why?

CONVERSATION STARTERS
HEALTHY COMMUNICATIONS

FREE CHOICE:
Choose your own question.

CONVERSATION STARTERS
BOUNDARIES

What do you think about a dating partner asking someone to quit the things that they love, like music or sports?

CONVERSATION STARTERS
BOUNDARIES

How do you communicate your boundaries?

CONVERSATION STARTERS
BOUNDARIES

FREE CHOICE:
Choose your own question.

CONVERSATION STARTERS
DIGITAL RIGHTS

Do you have the right to track someone's location or social media accounts? Why or why not?

CONVERSATION STARTERS
DIGITAL RIGHTS

Do you have the right to keep your passwords private in a relationship? Why or why not?

CONVERSATION STARTERS
DIGITAL RIGHTS

Do you have the right to turn off your phone to spend time with friends and family? Why or why not?

CONVERSATION STARTERS
DIGITAL RIGHTS

FREE CHOICE:
Choose your own question.