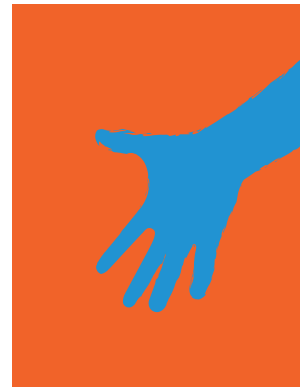


# Reach out to your teen.

Having frequent conversations with your kid is one of the most effective ways to keep them safe and healthy. Try connecting over dinner by playing a round of Truth or Challenge. Oldest goes first!



<p><b>TRUTH:</b> What's your favorite thing to do in your free time?</p> <hr/> <p><b>CHALLENGE:</b> Find an object nearby that represents one of your hobbies.</p>	<p><b>TRUTH:</b> What are you worried about right now?</p> <hr/> <p><b>CHALLENGE:</b> If your frustration was a ring tone, what would it sound like? Give us a few rings.</p>	<p><b>TRUTH:</b> What helps you feel better when you're stressed or upset?</p> <hr/> <p><b>CHALLENGE:</b> Write down what you're stressed about on a piece of paper and rip it up.</p>		<p><b>TRUTH:</b> Name three things that make you happy.</p> <hr/> <p><b>CHALLENGE:</b> Show us your happy dance.</p>
<p><b>TRUTH:</b> If you could have any superpower, what would it be?</p> <hr/> <p><b>CHALLENGE:</b> Set a timer for 30 seconds. Do as many squats, push-ups, or fist pumps as you can until time runs out.</p>	<p><b>TRUTH:</b> What was the best part of your day?</p> <hr/> <p><b>CHALLENGE:</b> Do a free-style rap about your day for the next minute.</p>	<p><b>TRUTH:</b> What do you think is the hardest thing about being you?</p> <hr/> <p><b>CHALLENGE:</b> Make up one rule everyone has to follow for the rest of the meal.</p>	<p><b>TRUTH:</b> What's your favorite song?</p> <hr/> <p><b>CHALLENGE:</b> Create a dance for your favorite song. Get everyone involved.</p>	<p><b>TRUTH:</b> What is something you like about yourself?</p> <hr/> <p><b>CHALLENGE:</b> Call or text someone random something you like about them.</p>
<p><b>TRUTH:</b> What is one thing you would change about yourself and why?</p> <hr/> <p><b>CHALLENGE:</b> Everyone has to say something they like about you.</p>	<p><b>TRUTH:</b> If you and I switched places for a day, what's the first thing you would do?</p> <hr/> <p><b>CHALLENGE:</b> Kids, trade places with parents—you're in charge for the next 30 minutes.</p>	<p><b>TRUTH:</b> What's one of your favorite memories?</p> <hr/> <p><b>CHALLENGE:</b> Act out your favorite movie scene.</p>	<p><b>TRUTH:</b> If you could live anywhere in the world, where would you live?</p> <hr/> <p><b>CHALLENGE:</b> Show us a picture of your favorite place in the world.</p>	<p><b>TRUTH:</b> What's a subject or hobby you wish you knew more about?</p> <hr/> <p><b>CHALLENGE:</b> Pretend you're teaching a class on your favorite subject or hobby. What should we know?</p>
<p><b>TRUTH:</b> What is the weirdest food you have ever eaten?</p> <hr/> <p><b>CHALLENGE:</b> Add an unusual topping to your pizza - like peanut butter or fruit and take a bite.</p>	<p><b>TRUTH:</b> What are you most proud of?</p> <hr/> <p><b>CHALLENGE:</b> Show everyone something you're proud of.</p>	<p>If your teen is struggling, call or text a trained volunteer at 1-866-TEENLINK (1-866-833-6546). Help is free, confidential, and available for teens and adults.</p>		

