



Brave Conversations

Digital Pressure and Sleep

25 Questions

to Get the Discussion Going

Today's teens live in a world that rarely slows down. Constant notifications, social pressure, screen time, comparison, and lack of rest can leave teens emotionally and physically exhausted.

That's why House of Hope created these Brave Conversation Cards: Digital Pressure and Sleep—to help parents and teens have honest conversations about balance, rest, stress, and healthy habits.

Simply print the cards, cut them out, and use them during a quiet moment together, at dinner, or while winding down at the end of the day. The goal is simply to create meaningful conversations that help teens feel more present, rested, connected, and emotionally healthy.

Let's start the conversation!!



Question:

What helps you unwind
before bed?

Question:

What's your favorite way to relax
at night?

Question:

What do you like most about
being online?

Question:

What's your favorite app or game
right now?



Question:

What makes it hard to unplug?

Question:

Do you ever stay up later than
you planned?

Question:

What keeps your mind busy
at night?

Question:

Do screens ever feel exhausting?



Question:

What helps you feel refreshed?

Question:

What makes rest feel difficult?

Question:

How do you usually feel after
screen time?

Question:

What helps you sleep better?



What helps you recharge?

Question:

What would make rest easier?

Question:

What helps you feel calm?

Question:

What do you enjoy offline?

Question:



Question:

What would healthy balance
look like?

Question:

What helps your mind
slow down?

Question:

What helps your body
feel relaxed?

Question:

What makes you feel peaceful?



Question:

(Choose Your Own)

Question:

(Choose Your Own)

Question:

What helps you feel rested?

Question:

What helps you feel present?

