



Brave Conversations

Brave Conversations Series: Substance Abuse, Escapism & Risk

25 Questions

to Get the Discussion Going

Today's teens face pressure from every direction. Stress, anxiety, loneliness, peer pressure, risky behavior, and the desire to escape difficult emotions can leave teens feeling overwhelmed and isolated. That's why House of Hope created these Brave Conversation Cards: Substances,

Escapism & Risk—to help parents and teens have honest, judgment-free conversations about pressure, choices, coping, and emotional safety.

Simply print the cards, cut them out, and use them during everyday moments together. Sometimes one simple question can open the door to trust, honesty, and deeper connection. The goal is simply to help teens feel safe, supported, and confident making wise choices when life feels difficult.

Let's start the conversation!!



Question:

What makes peer
pressure difficult?

Question:

What helps people cope
with stress?

Question:

What situations feel hardest
to handle?

Question:

What pressures do teens
face today?



Question:

What makes saying no hard?

Question:

What do you think adults
misunderstand about
teen pressure?

Question:

What makes risky
choices tempting?

Question:

Why do you think some people
want to escape how they feel?



Question:

What makes conversations about
hard topics uncomfortable?

Question:

Who do you feel safe being
honest with?

Question:

What makes you feel supported?

Question:

What helps you make
good decisions?



What makes trust easier?

Question:

What helps you feel grounded?

Question:

What makes you feel confident in
your choices?

Question:

What helps you feel strong
under pressure?

Question:



What gives you hope?

Question:

What reminds you that your
life matters?

Question:

What helps you feel safe?

Question:

What would make asking for
help easier?

Question:



Question:

(Choose Your Own)

Question:

(Choose Your Own)

Question:

What helps you feel supported?

Question:

What helps you make
wise choices?

