



10 Conversations Before the First Bell

10 simple conversations to build trust, strengthen connection, and support healthy choices all school year long.



1. What is one thing you are excited about this school year?
2. What is one thing you are worried about?
3. Who are the people you feel most comfortable around?
4. What helps you when you are stressed?
5. What is something you wish adults understood about your age group?
6. What would you do if someone pressured you to try something you didn't want to do?
7. Who could you go to if you needed help at school?
8. What makes someone a good friend?
9. What is one goal you have for yourself this year?
10. How can I support you better this year?

The biggest prevention tool you have is connection.