

20 Conversations
**TO HAVE WITH
YOUR KIDS BEFORE
THEY LAUNCH**

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Parents: While we are raising them, we have the opportunity to open conversations with our kids about everything! Ideally, we will “set the first tracks”, teaching our kids truth from lies, facts from fiction. I understand that some parents are more introverted than others, and some of these topics may be uncomfortable to bring up. I encourage you to push through the awkward and talk anyways! And while none of us will get these conversations perfect (I know I’ve fumbled through many of them!) your kids will appreciate that you are willing to try. Be approachable, conversational, and be sure to listen to their thoughts as well! If you do not feel equipped to cover some of the topics, I encourage you to look for resources to help. (I offer quite a few in the resources here!)

All the best to you as you open these conversations and set some very important first tracks for your kids!

1. Talk about God’s unconditional love for them and the great worth this gives them! God’s opinion of them is more important than their accomplishments, popularity, or any worldly success. (You can’t remind them of this too much!)
2. Talk to them about friendships and how important it is to surround themselves with people who are a positive influence on them. Make sure they understand that you must be a friend to have a friend. And talk about how lonely seasons are a normal part of life; God is our very best friend who will never leave us!
3. Talk to them about how to relate to the opposite sex: the appropriate ways to talk, touch, and interact. How to respect boundaries and to require others to respect their boundaries. Talk about dating, the purpose of it and a plan for how they will approach dating!
4. Talk to them about God’s design for sexuality; how to respond to gender issues with Truth in love. Talk about cultural messages we live with and where to find answers to complicated questions.
5. Talk about the internet and make sure they understand that anything they put on a digital device (social media, text message, and so on) has the potential to be shared and may be impossible to delete.
6. Talk about absolute Truth and relative truth, and the importance of always comparing things they see/hear with Truth from God’s Word.
7. Talk about money: what it means to live within your means, how to budget and save, how to avoid debt and the danger of credit cards in their early adult years.
8. Talk about enjoying, appreciating, and taking care of the world God has created for us. Talk about our role as stewards of this world, and the difference between worshipping the Creator and the creation.

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9. Talk about race issues – both historically and in our current culture. Talk about their own ethnicity and and and how they can live respectfully and lovingly in the community they live in, and in the world.
10. Talk about what it takes to live as an adult – things like rent, taxes, phone bills, all the things they may take for granted because their parents cover it now. Point them to resources to guide and educate them where you may feel ill-equipped.
11. Talk about time management: discipline, hard work, rest, and the importance of staying connected to other healthy people.
12. Talk about qualities that really matter in a future spouse.
13. Talk to them about their family roots: Their family history, your faith story...things you are glad about and things you might regret, as is appropriate.
14. Talk to them about the danger of pornography and sexual promiscuity. Consequences and dangers, but most importantly God's great plan for it all.
15. Talk to them about car, home, pet - and everything -maintenance. How to do-it-yourself when possible (often thanks to YouTube! ☺) and where to find help when needed.
16. Talk to them about mental health, self-care, and suicide. Talk about getting support when they need it and recognizing when others need help.
17. Talk about substances -drugs, alcohol, and vaping: The short-and-long term dangers. Talk about ways to avoid being in vulnerable positions and what to do if they need help (calling for a ride if intoxicated, and etc.) Talk about peer-pressure and ways to respond to it.
18. Talk about a healthy lifestyle – the importance of exercise, rest, and a balanced diet for a lifetime. Talk about the effects of stress and the importance of checking in with a health-care provider regularly (esp. if there is family history of high blood pressure, diabetes, etc.) Also: Don't forget dental care!
19. Talk about the sanctity of life; about unplanned pregnancies, about abortions, adoptions and the support available if they ever find themselves with an unplanned pregnancy (or know someone in that position.) Talk about the importance of both men and women being responsible, sexually. Also, talk about grace and forgiveness for those times.
20. Talk about the importance of reading the Bible, prayer, and being connected to a local, Bible-believing church. These will be the foundation of a healthy life.