



GCAPP PARENT TOOLKIT:

Make Time to Listen, Take Time to Talk: Getting To Know You

Make Time to Listen, Take Time to Talk

Is more than just a game it's a chance for families to slow down, connect, and really hear each other. Think of it as a fun conversation starter where everyone gets to **share** and **listen** and everyone "wins."

This activity helps you learn more about your family members, build trust, and strengthen relationships. And the best part? There are no wrong answers, no scorekeeping, and no pressure.

Let's Get Started!

Here are some fun and meaningful questions to help kick things off. Take turns asking and answering. There's no particular order!

- What was the best thing that happened to you today?
- What do you enjoy most about school or work?
- What does success mean to you?
- What's something that scares you?
- What do you remember about your first day at school or work?
- What three things make someone "popular" at your school or job?
- What always makes you laugh?
- Why do you think some people dress differently from others?
- What really makes you angry?
- If you could travel anywhere in the world, where would you go and why?
- What's a skill you wish you had?
- If you could do one thing to make the world more peaceful, what would it be?
- Do you like being challenged? In what way?
- What kinds of people do you find most interesting and why?
- If you could write a book, what would it be about?
- Do you learn more from winning or losing?

Tip for Parents & Caregivers:



When you listen, really listen, you show your child that their thoughts and feelings matter. This simple habit lays the foundation for stronger, healthier communication now and in the future.



The Only Rule

Be honest and truly listen to each other. That's how deeper understanding and better communication happen; especially between parents and teens.



Why It Matters

When families take time to listen and talk, they build stronger connections.

You learn not just about what someone thinks, but how they feel. These conversations can make it easier to support your teen, understand their world, and approach tough topics when they come up.



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Source: [samhsa.gov](https://www.samhsa.gov) for more details about the game