



# The Conversation Stage

The **Conversation Stage** of the Rooted Families journey begins at puberty and continues through early high school—a season marked by rapid physical, emotional, and spiritual change. During this time, one of the most meaningful ways you can support your child is by engaging in regular, intentional conversations. These moments of connection help your teen process who he or she is becoming and develop confidence through self-expression.

Walking through adolescence means navigating both open dialogue and moments of silence. In a world becoming more dominated by screen time, face-to-face conversations help teens build trust, confidence, and clarity. Even when they resist, your consistent presence shapes them more than you may realize.

*“The purposes of a person’s heart are deep waters, but one who has insight draws them out.”*

**Proverbs 20:5**

## Tips for Caregivers

- Asking questions communicates that your teen’s voice matters and that you value his or her thoughts.
- Keep your questions open-ended and curious rather than critical—this fosters openness and trust.
- Model vulnerability by sharing your own stories and answering questions, too.
- Don’t rush the process; some conversations take time to develop. Stay consistent and patient.
- Celebrate the moments when your teen does open up—your presence and encouragement make a lasting impact.

## Growth Model



### Plant

As adolescents navigate their growing independence, they may struggle with deep, meaningful conversations and provide short, guarded answers. Encourage thoughtful conversation by modeling it and remaining patient with your teen.



### Root

As teens learn to interact and converse in meaningful ways, they begin to feel emotionally safe expressing opinions and answering thoughtful questions.



### Growth

They start to value and become more comfortable engaging in meaningful dialogue, showing curiosity in other people’s experiences and ideas.



### Fruit

They begin initiating conversations by themselves and asking questions—building relationships rooted in trust, empathy, and faith.

# Activity: Asking Questions

## STEP 1 (The Why)

Asking thoughtful questions helps your teen feel known, valued, and safe to share what's really on his or her heart. In a season where communication can feel stifled or forced, curiosity helps build connection. When you ask—not to fix, but to understand—you create a space for honesty, reflection, and trust. These conversations do more than strengthen your relationship; they model how God invites His children into dialogue and understanding through His Word.

## STEP 2 (Activity Directions)

### Conversation Games & Tools

#### 1 20 Questions

- Choose a category. Consider a category like memories, dreams, or challenges as opposed to more common ones to help encourage deeper conversation.
- Pick a topic in that category and have others take turns asking questions to guess the topic.

**Tips:** Try using the book [Known: A Year of Questions](#) daily prompts. Play as a family and in different settings, like during car rides or over dinner.

#### 2 Good & Bad Game

- Pick an activity or item (e.g.: doing the dishes).
- Share three positives and three negatives about it without revealing what it is.
- Let others ask questions in an attempt to figure out what it is.

**Tips:** Focus on emotional experience—ask, “Is that true for you or everyone?” Don’t be afraid to laugh and be silly, too. This builds comfort, which builds closeness. Meaningful connection doesn’t always require serious topics. Normalizing question-based conversations helps teens see dialogue as natural and safe.

### Tips for Better Conversations

- Use open-ended questions instead of yes/no ones to invite deeper dialogue.
- Repeat or rephrase what you hear to show understanding and care.
- Share your own thoughts, too. Conversation is a two-way street.
- Don’t rush silence; sometimes reflection takes time.

## Encouragement

Asking questions is more than a communication tool—it’s an act of love. Each time you ask, listen, and stay present, you remind your teen that he or she is worth your time and attention. Over time, these conversations build trust and faith, helping your teen see how God listens and cares for His children. Keep showing up, keep asking, and keep listening. God will use your curiosity to draw both of you closer to Him and to one another.