

Families with teens



**Best-selling
author
Jessica Lahey
appearing
at Milton High School
April 7th, 7pm**

If you have seen the show, *Hot Ones*, you know the concept. Everyone gets 10 chicken wings (or veggie wings). Each one is doused with progressively hotter hot sauces. Like in the show, everyone eats a wing and then a question is asked. Here are questions from Jessica Lahey's book, *"The Addiction Inoculation"* that parents can ask teens in their own *Hot Ones* at-home episode! Or write your own!



What could we do differently in our parenting that would make us better parents?



Which of your friends has influenced you the most and why?



Describe the kind of person you are potentially interested in dating?



Is there a time when we let you fail, when you think we should have helped you more?



Where do you want to go the most in the whole world?



What is your dream job that you would like to have as an adult, if money was no issue and even if it is not a real job?



What about you reminds you of one or more of your grandparents?



What about you reminds you of one or more of your parents?



If you could only keep three things of yours (pets and people are safe), what would they be?



If there was one thing you could change about yourself, what would it be?

Teens, your turn! What would you ask your parents?

Adapted from *"Addiction Inoculation: Raising Health Kids in a Culture of Dependence"*, by Jessica Lahey. Learn more about fostering open communication with teens from Jessica Lahey on April 7, 7pm at Milton High School. For more information: go to www.milton-coalition.org

