

Conversation Starter Guide

Simple opening lines for talking to a parent, teacher, or trusted adult about academic pressure.

If You Want to Ease Into It

- “Can I talk to you about something that's been on my mind about school?”
- “I've been feeling a bit stressed about how I compare to other students. Can we talk?”

If You Want to Be Direct

- “I need to tell you something and I just need you to listen first, not fix it right away.”
- “The comparisons about marks at school/home have been getting to me lately.”

If It's Hard to Name the Feeling Exactly

- “I'm not totally sure how to explain it, but I don't feel great about school stuff lately.”
- “It's not one big thing, it's more a lot of small comparisons adding up.”

What to Write Down Beforehand

Jot a few words here so you don't lose the thought before the conversation:

What's been happening:

How it's been making me feel:

What I'd like from this conversation (to be heard / advice / help with something specific):
