

Connection Conversation Starters

Students Spoke, We Listened



We asked Wisconsin teens what their go-to conversation starters are with their friends or to make new friends. They offered lots of tips!

ASK ABOUT WHAT THEY ARE INVOLVED WITH



SIMPLE QUESTIONS

Questions are easy ways to start conversations with people you know or don't know and can be on anything:



COMPLIMENT

A common go-to compliment is on their outfit.

TELL A JOKE



When striking up conversations remember to **be nice and be yourself.**

Wisconsin high school youth shared these thoughts at the Mental Wellness Student Leadership Summit 2026 hosted by the Wisconsin Office of Children's Mental Health on April 17, 2026 in Madison.



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