



21 Questions

What Is the 21 Questions Game?

The 21 Questions game is a conversation game in which two or more people take turns asking and answering a total of 21 questions.

Two people can alternate questions, or everyone in the family can answer the same question before moving to the next one. The questions can be funny, random, thoughtful, or more personal. The point is not to move through the list as quickly as possible. It is to begin conversations that might not come up on their own. Unlike a typical list of questions to ask your teen, this game works both ways. Parents answer too, making it feel like an exchange instead of an interview.

How to Play 21 Questions With Your Teen

Choose one of the rounds below.

Decide who will ask the first question.

Have both people answer each question.

Alternate who answers first.

Give each person one free pass.

Ask follow-up questions when both people want to keep talking.

Stop after 21 questions—or earlier if the conversation takes on a life of its own.

Round 1: Funny

- 1.If our family had a reality show, what would it be called?
- 2.What animal would make the worst possible roommate?
- 3.If your phone could reveal one embarrassing statistic about you, what would it be?
- 4.What completely useless superpower would you choose?
- 5.If handshakes had to be replaced with a sound effect, which sound would you use?
- 6.What would your personal walk-up song be?
- 7.If our family opened a restaurant, what would be its signature dish?
- 8.Which fashion trend should never return?
- 9.If you accidentally became internet famous, what would probably cause it?
- 10.Which fictional character would be the worst person to sit beside on a long flight?
- 11.If pets could give humans online ratings, what would your review say?
- 12.If you could add one ridiculous class to the school day, what would it teach?
- 13.What object in our house would have the most complaints if it could talk?
- 14.If you had to eat the same snack every day for a year, what would you choose?
- 15.If our family were planning a movie heist, what would your role be?
- 16.What is the funniest excuse you have ever heard?
- 17.If you could invent a new holiday, what would everyone celebrate?
- 18.What would be written on your personal warning label?
- 19.If you had to wear only one color for an entire year, which would you choose?
- 20.What nickname would you give yourself if nobody else were allowed to choose it?
- 21.If your life had a laugh track, which moment would get the biggest laugh?

Round 2: For Parents

1. What were you really like when you were my age?
2. What was your most embarrassing fashion choice?
3. Which rule did your parents have that you hated?
4. What is the biggest trouble you got into as a teenager?
5. What was your first job, and what did you do with your first paycheck?
6. Who was your best friend, and what did you do together?
7. What was the first concert or live event you attended?
8. What did adults misunderstand about your generation?
9. Where did you go when you wanted to get out of the house?
10. What did you worry about most as a teenager?
11. What did you think your adult life would look like?
12. Did you ever pretend to like something because your friends did?
13. What was your most difficult subject in school?
14. What was one thing you were surprisingly good at?
15. What piece of technology did you desperately want?
16. What was your favorite way to spend a Saturday?
17. What mistake taught you something important?
18. What did your parents do that you understand better now?
19. What is one thing you wish an adult had asked you about?
20. What part of being a teenager did you enjoy most?
21. What is something about you I might not know because I only know you as my parent?

Round 3: For Teens

1. What do adults misunderstand most about teenagers today?
2. What is something you wish adults asked teens about more often?
3. When is it easiest to talk to me?
4. When is it hardest to talk to me?
5. What does being supported feel like to you?
6. What is one family rule you would change?
7. What usually turns an ordinary day into a good one?
8. What do people your age care about that adults sometimes dismiss?
9. What makes you feel that someone trusts you?
10. What pressure do teenagers experience that adults may not notice?
11. What should schools teach that they usually do not?
12. What quality matters most to you in a friend?
13. What have you done recently that made you feel proud?
14. What is something positive about you that people do not notice enough?
15. In what part of your life would you like more independence?
16. In what part of your life would you like more help?
17. What quality do you like most about yourself?
18. What feels as though it is changing most in your life right now?
19. Where do you feel most like yourself?
20. What is something you would like us to do together more often?
21. What is one small change that could make life at home feel easier?

Round 4: Then-and-Now

1. Which generation had better music?
2. Is it easier or harder to make close friends now?
3. What is one trend from the parent's teenage years that should return?
4. What current trend should the parent try at least once?
5. Is school more stressful now, or was it more stressful then?
6. What is better about growing up with smartphones?
7. What is harder about growing up with smartphones?
8. How has the meaning of privacy changed?
9. How are friendships different now?
10. How is family time different now?
11. Is it easier or harder for teenagers to be themselves today?
12. Which generation had better movies?
13. Which generation had more freedom?
14. Which generation had more pressure?
15. How has dating changed?
16. How has getting a first job changed?
17. Which old fashion trend deserves another chance?
18. Which current fashion trend will look funniest in 20 years?
19. What is one teenage problem that has probably never changed?
20. What can parents learn from teenagers today?
21. What can teenagers learn from the generations before them?

Round 5: Get-to-Know-You

1. Which generation had better music?
2. Is it easier or harder to make close friends now?
3. What is one trend from the parent's teenage years that should return?
4. What current trend should the parent try at least once?
5. Is school more stressful now, or was it more stressful then?
6. What is better about growing up with smartphones?
7. What is harder about growing up with smartphones?
8. How has the meaning of privacy changed?
9. How are friendships different now?
10. How is family time different now?
11. Is it easier or harder for teenagers to be themselves today?
12. Which generation had better movies?
13. Which generation had more freedom?
14. Which generation had more pressure?
15. How has dating changed?
16. How has getting a first job changed?
17. Which old fashion trend deserves another chance?
18. Which current fashion trend will look funniest in 20 years?
19. What is one teenage problem that has probably never changed?
20. What can parents learn from teenagers today?
21. What can teenagers learn from the generations before them?

Round 6: Dreams & Future

1. What would you like your life to look like in ten years?
2. Where would you live for one year if you could choose anywhere?
3. What type of work would feel meaningful to you?
4. What skill would you like your future self to have?
5. What cause or problem would you like to help solve?
6. Which place is at the top of your travel list?
7. What family tradition would you like to continue?
8. What kind of home would make you happiest?
9. How will you know when you are successful?
10. What risk would you like to be brave enough to take?
11. What do you hope technology can accomplish in the future?
12. What kinds of people do you want around you as you grow older?
13. What would you do with one completely free year?
14. What would you still like to learn?
15. How would you like to make someone else's life better?
16. What about the future makes you nervous?
17. What about the future makes you hopeful?
18. What advice would you give your future self?
19. What would you place in a time capsule to represent your life today?
20. What is one adventure you hope our family has together?
21. What promise would you like to make to yourself?

Round 7: Deep

1. What makes you feel respected?
2. What helps you feel genuinely heard?
3. What value is most important to you?
4. What is something you sometimes find difficult to say out loud?
5. What is the best way to handle a disagreement with you?
6. What makes an apology feel sincere?
7. What helps you trust someone?
8. What boundary is important to you?
9. What have you learned about yourself recently?
10. What belief have you changed your mind about?
11. When have you felt especially brave?
12. What strength do other people see in you?
13. What do you need more of in your life right now?
14. What do you hope our family will always remember?
15. How do you usually show people that you care about them?
16. What makes a place feel like home?
17. What part of you is most often misunderstood?
18. What family habit could make us stronger?
19. What does forgiveness mean to you?
20. What would you like our relationship to look like five years from now?
21. What is one thing you appreciate about the person sitting across from you?

School & Education

- Would you rather have no homework ever again but barely pass or always ace your classes with double the homework?
- Would you rather go to school four days a week but stay until 6 p.m. or have longer summer breaks but start school at 6 a.m.?
- Would you rather ace every test without studying but forget everything afterward or struggle through tests but remember all you learn?
- Would you rather sit next to your crush but never talk to them or sit next to your best friend but miss all the juicy gossip?
- Would you rather write a 20-page essay on your favorite topic or give a 5-minute presentation on something you hate?
- Would you rather be a math genius but struggle with art or an artistic prodigy who can't do basic math?
- Would you rather be the smartest person in school but invisible socially or the most popular but constantly failing?
- Would you rather wear the same school uniform every day or have unlimited outfit choices but always wake up late?
- Would you rather only study history from 100 years ago or science from 100 years in the future?
- Would you rather have amazing teachers but tons of homework or easy classes with no guidance?
- Would you rather have extra recess every day but longer school days or shorter school days with no breaks?
- Would you rather be in every school play but never get a lead role or join every sports team but always sit on the bench?
- Would you rather take all your classes online and never see your classmates in person or always attend in-person classes but never get a break from a strict routine?
- Would you rather never have to wake up early again or never have to stay late for activities?
- Would you rather have a locker that gives life advice or a backpack that refills itself with snacks?
- Would you rather graduate a year early but skip prom or have an extra year to explore your interests and memories?

Hobbies & Creativity

- Would you rather master every instrument in the world or every sport?
- Would you rather design a world-famous mural or compose a hit song that gets stuck in everyone's head?
- Would you rather be a famous artist who inspires or a bestselling author who entertains?
- Would you rather build a treehouse from scratch or turn an old car into something epic?
- Would you rather have unlimited time to work on your hobbies or unlimited money to fund them?
- Would you rather start a band that tours the world or a YouTube channel with a million subscribers?
- Would you rather design your own clothes or redecorate your entire room?
- Would you rather grow a garden that blooms year-round or one that feeds your entire neighborhood?
- Would you rather produce a blockbuster movie or a groundbreaking video game?
- Would you rather spend your weekends exploring nature or creating DIY projects?
- Would you rather be an amazing chef who never writes recipes or an amazing photographer who never shares their photos?
- Would you rather always have ideas but no time to create or time but no inspiration?
- Would you rather host a crafting party for your friends or attend a gallery opening with famous artists?
- Would you rather learn to knit a masterpiece or sculpt something out of stone?
- Would you rather take up pottery and make unique dishes or woodworking to build epic furniture?

Future & Careers

- Would you rather have your dream job but never retire or retire young but never achieve your dream?
- Would you rather work for a boss you adore but earn less or a boss you dislike but earn more?
- Would you rather start your own risky business or land a secure job at a famous company?
- Would you rather be a world-famous influencer with luxury perks or a scientist who changes the world?
- Would you rather work all day doing something you love or part-time doing something boring?
- Would you rather spend 10 years in school to perfect your craft or jump straight into a career?
- Would you rather have a job that's wildly creative but unpredictable or technical and steady?
- Would you rather work remotely with total flexibility or in an amazing office with a great team?
- Would you rather be rich but lonely or happy but live paycheck-to-paycheck?
- Would you rather invent something that saves lives or discover a secret that changes history?
- Would you rather lead a team that struggles or work alone with perfect results?
- Would you rather work with people you dislike for more money or people you love for less?
- Would you rather work in a fast-paced city or a slow-paced small town?
- Would you rather have a job that lets you travel every month or one that's based in your favorite city?

Sports & Fitness

- Would you rather run a marathon in the desert or climb a mountain in freezing weather?
- Would you rather join a championship team sport or achieve a personal fitness record alone?
- Would you rather be the MVP of a losing team or an average player on a championship team?
- Would you rather compete in the Olympics but never win or win a local championship?
- Would you rather surf on massive waves or ski on the steepest slopes?
- Would you rather try hot yoga in a sauna or CrossFit in freezing conditions?
- Would you rather be a famous athlete in one sport or great at all sports but never compete?
- Would you rather play sports only indoors or always outdoors, rain or shine?
- Would you rather have unstoppable endurance or superhuman strength?
- Would you rather have a personal trainer who's famous or unlimited fitness equipment at home?
- Would you rather kayak in glowing bioluminescent waters or swim with dolphins in the wild?
- Would you rather play a team sport like soccer but never score or an individual sport like tennis and always win?
- Would you rather try extreme cliff diving or zip-lining over a jungle?
- Would you rather spend a day snowboarding down a mountain or riding waves on a surfboard?
- Would you rather compete in a triathlon or conquer the toughest obstacle course ever?