

# *CONVERSATION STARTERS*

**How do you feel about social media, and what platforms do you use?**

[sociallymediaedu.com](http://sociallymediaedu.com)

**What kind of things do you think are OK to post on social media?**

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**What were the biggest differences between your teenage years and mine regarding technology?**

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**Have you ever experienced negative interactions online?**

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**Do you ever feel like social media can be over-whelming?**

**How do you manage that?**

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**Do you think social media impacts relationships in a good or bad way?**

**Why/How?**

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**How do you make sure the news or information you read online is accurate?**

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**How do you balance screen time with other activities in your life?**

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**Why do you think it's  
important to be  
cautious about what I  
post online?**

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**Do you think social  
media should have  
more rules or  
regulations for teens?**

**Why or why not?**

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**Have you ever  
unfollowed or blocked  
someone because of  
their online behavior?**

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**What's your biggest  
concern about my  
social media use?**

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**Do you think it's  
important to limit  
screen time? If so,  
how much is too  
much?**

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**How do you think  
social media has  
changed the way  
people communicate?**

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**If you were a teen  
today, how do you  
think you'd handle  
social media?**

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**Do you ever feel like  
you're missing out on  
something because of  
social media?**

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**Do you think the internet is generally a good or bad influence on teens?**

**Why?**

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**Have you ever taken a break from social media?**

**Why or why not?**

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**How do you think we can keep social media from negatively affecting our family relationships?**

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**How can we work together to make sure I have a healthy relationship with social media?**

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PRESSURED TO POST  
CERTAIN THINGS  
BECAUSE OF WHAT  
OTHERS ARE  
SHARING?**

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**WHAT TYPES OF  
COMMENTS OR  
INTERACTIONS DO  
YOU USUALLY GET ON  
YOUR POSTS?**

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**HOW DO YOU DECIDE  
WHAT TO POST OR  
SHARE ONLINE?**

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**WHAT ARE YOUR  
FAVORITE SOCIAL  
MEDIA PLATFORMS  
AND WHY?**

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**DO YOU KNOW HOW  
TO REPORT  
INAPPROPRIATE  
CONTENT OR BLOCK  
SOMEONE ON SOCIAL  
MEDIA?**

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**HAVE YOU EVER  
ENCOUNTERED  
ONLINE BULLYING OR  
SEEN SOMEONE ELSE  
EXPERIENCE IT**

**HOW DID YOU  
HANDLE IT?**

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**WHAT DO YOU THINK  
ABOUT INFLUENCERS  
OR CELEBRITIES ON  
SOCIAL MEDIA?**

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**HOW MUCH TIME DO  
YOU THINK IS  
REASONABLE TO  
SPEND ON SOCIAL  
MEDIA EACH DAY?**

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**DO YOU FEEL LIKE  
SOCIAL MEDIA EVER  
AFFECTS YOUR MOOD  
OR SELF-ESTEEM?**

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**HAVE YOU EVER  
FELT LEFT OUT  
BECAUSE OF  
SOMETHING YOU  
SAW ON SOCIAL  
MEDIA?**

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**WHAT DO YOU THINK  
IS THE MOST POSITIVE  
ASPECT OF SOCIAL  
MEDIA?**

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**HAVE YOU EVER  
QUESTIONED  
WHETHER  
SOMETHING YOU  
SAW ONLINE WAS  
REAL OR FAKE?**

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**WHAT DO YOU DO  
IF YOU SEE  
SOMEONE BEING  
MEAN TO  
SOMEONE ELSE  
ONLINE?**

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**DO YOU EVER FEEL  
LIKE YOU'RE  
COMPARING  
YOURSELF TO OTHERS  
BECAUSE OF WHAT  
YOU SEE ONLINE?**

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**HOW WOULD YOU  
FEEL IF A FUTURE  
EMPLOYER OR  
COLLEGE ADMISSIONS  
OFFICER LOOKED AT  
YOUR SOCIAL MEDIA?**

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**HOW DO YOU STAY  
SAFE ONLINE, AND  
WHAT INFORMATION  
DO YOU AVOID  
SHARING?**

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**DO YOU USE ANY  
APPS OR TOOLS TO  
MANAGE YOUR  
SCREEN TIME?**

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**IF YOU COULD  
CHANGE ONE THING  
ABOUT SOCIAL  
MEDIA, WHAT  
WOULD IT BE?**

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**HOW DO YOU KNOW  
WHEN IT'S TIME TO  
TAKE A BREAK FROM  
SOCIAL MEDIA?**

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**WHAT'S THE BEST  
WAY I CAN SUPPORT  
YOU WHEN IT  
COMES TO USING  
SOCIAL MEDIA?**

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