

Springboard Discussion Questions

LET'S TALK

TEENS

LTT

We suggest you pick the questions that apply to your family.

- What do you use your phone/ device for the most?
- What are your favorite apps and why?
- How do you use those apps?
- How do your friends use the apps?
- Who are your favorite people to follow or subscribe to? Why?
- What kind of behaviors do you see on the apps or online that bother you?
- What do you think is most important to make a positive impact on peoples' lives on your phones/devices?
- Do you feel you are making people feel good, bad or natural with your messages, videos and posts? Not just who the posts are directed to, but also who they are about or what they are about.
- Do you feel you are representing your character well online?
- Are you the same person sitting here with us as you are on your phone? How can we help you be authentic and true to yourself no matter what device or app you are on or where you are?
- Have you seen disturbing posts or google searches that bother you?
- How do you feel when you see posts about current and often violent events?

SPRINGBOARD DISCUSSION QUESTIONS

- Do you feel scared, paranoid?
- Have you seen sexual content on your devices? How has that made you feel?
Are you involved in online sexual behavior like sexting? Let's talk about sex online and what you are involved in and what you feel uncomfortable with.
We can help.
 - Have you been contacted by strangers online?
 - Are you currently talking to strangers or people who were initially strangers online/ on social media?
 - Have you given your private information out to people you have met on Social Media or online?
 - What kind of relationships do you have with these people and what do you know about them?
 - Do you feel it's appropriate and/or dangerous to start relationships online on social media? What dangers do you feel you can open yourself up to in these relationships?
 - Do you know the dangers of cyber strangers? Do you know the stars on the predators and how they reach out?
 - Do you feel pressure through social media to have certain things, be a certain way, look a certain way and do certain things?
 - Do you feel jealous or left out by things you see your friends/ people you know or others posting?
 - Have you seen cyber-bullying happen on apps? How did that make you feel and what did you do about it?
 - Have your friends ever been cyber-bullied?
 - Has anyone ever made you feel bad online? Would you consider it cyber-bullying? What happened and how did it make you feel?

- Do you still think about that instance? Do you feel it impacts your mood or confidence?
- We want to support you through what you have been through online. Can we have these conversations regularly? Will you be open and honest with us?
- We want to keep you safe and help you represent yourself online so we have set up these boundaries _____.
- Elaborate on the whys for your family and your boundaries as well as any contacts and expectations and check ins/monitoring you will be doing.
- Moving forward, what areas would you like to improve on and how can we help you do that?
- Let's write out some goals we have to use Social Media to encourage people.