



LISTEN, DO WE NEED TO TALK?

LET'S TALK ABOUT DIGITAL

Quick guide to conversations about technology

THERE IS NO RIGHT AND WRONG ANSWER!



ASK, LISTEN, DON'T INTERRUPT

(PARENTS AND CHILDREN NEED TO ASK & RESPOND)

How do you feel about your use of(screens, Internet, social media, Xbox, specific platform, specific option, specific people...)?

How do you feel about my use of...

What specifically do you use it for? (play, learning, connecting with others, who?)

What do you like to do when you are online?

What do you like about the use off...

What do you dislike about it?

What worries you?

What impact do those actions/tools have on your wellbeing? Your health? Your school results? Your friendships? Your sense of connection with the broader world?

What do you think you could do better? More or less of it?

What would make you feel better and healthier?

How can we work together to support you?

How can I help? (Do we need some time to think about it?)

What actions can we list and commit to making it happen?

What else is there? What else do you want to talk about?



Remember the Parenting Pyramid!