tech parenting

Nonjudgemental, Open-ended Statements & Questions

"Show me your favorite media app."

"Show me what you are watching on YouTube."

"When do you typically use media?"

"Tell me what your favorite TV shows are right now."

"Tell me about your favorite movie(s)."

"Tell me about your favorite social media platform?"

"Tell me how you learned how to use these platforms?"

"Tell me about your favorite part of engaging with your friends online."

"Tell me about some of the substance use advertisements you see on *insert platform*."

"Help me understand how you use social media?"

"Tell me about this new app you want to download."

"What kinds of problematic behaviors have you seen on this website?"

"Tell me about the alcohol advertising you have seen through this app."

"What are your favorite games to play when you are over at your friends' houses?"

"How do you make sure your privacy is protected on this app?"

"What kinds of content have you seen on this website that brought up questions for you?"

"How do you think about these messages about alcohol (or other substances) online?"

"What seems realistic versus unrealistic about this advertisement to you?"

Affirming, Nonjudgemental Statements

"I'll be here if you ever want to talk."

"I'll always be here to talk if anything makes you feel uncomfortable."

"I can see that you get to interact with a lot of different people on this platform."

"I like how willing you are to show me how to use these new apps!"

"I can tell that you are thinking carefully about what media you watch."

"I am so impressed with your ability to recognize alcohol (or other substances) marketing."

"It's good that you can recognize what online messages are realistic versus not."

"There are clearly many cool things you can do with this technology!"

"You are doing a great job of thinking about your safety while you are online."

"You seem to be a really good example for your friends on this social media app."

"It seems that you and your friend have a lot of positive interactions through this app."