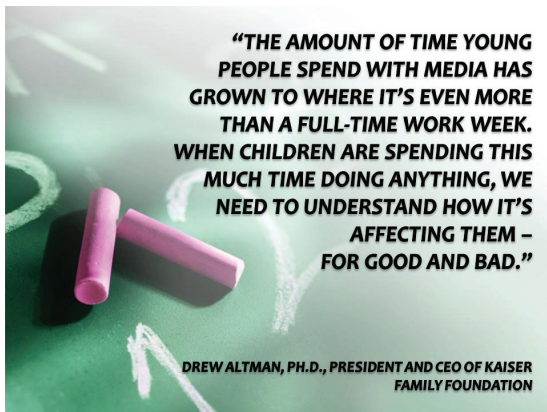


THE SCREEN CHALLENGE

Youth, Social Media & Safety

Parent Presentation Information Resource



What Teens Wish Their Parents Knew...

Listen to Us
Teach Us
Help Us
Show Us
Protect Us



Conversation Starters Social Media

- How did you/your friends use Snapchat (or other social media) today?
- What is the popular app amongst your classmates these days?
- What did you/your friends post on Instagram (or other social media) this week?
- Can you explain to me how Snapchat (or other social media) works?
- I would love to see your Facebook (or other social media) profile?
- How does feedback on social media make you feel?

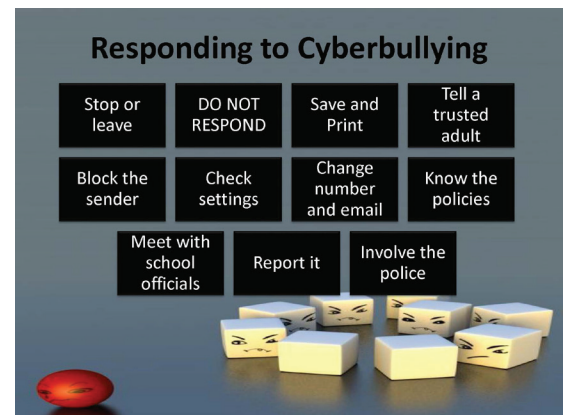


Conversation Starters Technology Use Issues

- I noticed you are sleeping with your phone beside your bed every night. Is there something we should talk about?
- You haven't been eating lunch. I'm worried about you.
- Your mark on your midterms wasn't what I expected. Are you finding enough time to study?
- You don't seem to be hanging out with your friends as much. Is everything ok?
- Is there pressure to be someone you're not when you are on social media?

Conversation Starters Cyberbullying

- Have you noticed any mean posts towards your friends?
- Why is it so much easier to say and do things online than off?
- Was there ever a time that a rumour has hurt you?
- What can people do to help you with cyberbullying and digital drama?
- Has anyone you know intentionally been left out of a group chat/activity?
- Have you/a friend ever pretended to be someone else/each other online?
- What is one thing you could do right now to help delete digital drama?



Conversation Starters Staying Safe Online

- What rules should our family have to keep us safe online?
- Why do you think people share private details about their lives online?
- Who do you become “friends” with online?
- Do you know there are privacy settings that prevent people you don’t know from seeing your information?
- Have you ever shared your password with a friend?
- How do you decide who to share your cell number with?
- What information should stay private online?



The Centre for School Mental Health (CSMH) at Western University addresses the need for improved school-based promotion and prevention and intervention services for children who may be at risk for, or who present with, mental health challenges. Our team of researchers, educators, students and administrators is focused on the mental health, well-being and relationship development of children from Kindergarten to grade 12. We use outcomes and lessons from nationally funded research projects to deliver evidence-based programs and training for educators in schools and communities. The mental health of educators is another key focus as we work to address the need for specialized resources and an accessible professional network that builds support for educators' mental health resilience strategies.

Why do we exist? Because when children learn how to develop healthy relationships it benefits their mental well-being and builds long term skills that help them avoid violence and substance abuse.



Western
Centre for School
Mental Health



www.csmh.uwo.ca