

Use these cards to strike up a conversation with your tween or teen about smartphone expectations. Stay curious and try to see the world through each other's eyes. Your goal? Deepened trust and empathy — a firm foundation for the road ahead.



What's the difference between **privacy** and **secrecy**?



What social media account that you follow seems the **most inauthentic**? What kinds of things does that person post?



For you, what would you say is **"time well spent"** on our phone/social media?



You post a picture to social media and see later it's getting **fewer likes** than your other posts. What do you do? How do you feel?



Have you ever felt or seen **bullying** on phones/social media?



How does social media make you feel about your **self-image**? Is comparison a thief of joy?



What **influencers** are you following? What interesting things have you learned from them recently? Do you trust them?



What **hashtags** are you following? Which ones are you avoiding? Why?



What are your **personal values**? How can you avoid posting things that go against your values?



Your best friend suggests you **swap phone passwords** because you share everything and if you don't, you must not trust them. What should you do? Are there any other bad experiences you've heard about from sharing passwords with others?



A friend of yours receives a **nude picture** from someone at school and shows it to you. How do you respond to your friend? Who can you ask for help?



Your neighbor texts you asking you to drive slower down the street. How do you respond? Are **emojis** appropriate? 

How can you **protect your attention**? 
Is it important to always be available?
When do you keep your phone on silent and when is it okay to leave your ringer on? What about notifications?

What if you get a flat tire and will be late for work? Is it **okay to text** bosses and colleagues? 

We all want to **feel known, seen and followed**. 
What's your personal policy for deciding who to allow to follow you on social media? What's your policy for who to follow and when to unfollow someone?

A teacher assigns a deadline for midnight on Friday evening. You work your hardest to finish the assignment, but at 10:00 you are exhausted and need a break. Will you continue to work into the night to finish the assignment? What are **your boundaries** around logging off screens and what will you say to communicate them? 

You like a photo you've taken that has other people in it, but you are not sure it is flattering to a friend who is in it. Should you **post it anyway**? 

You see pictures of friends hanging out together over the weekend and you weren't invited. What do you do? How can you move from a place of insecurity to a place of **freedom and confidence**? What can you do to practice self-care? 

You are reading a personal email and a parent, sibling or friend looks over your shoulder. How can you **kindly communicate** that you need space? 

You post a picture with a friend and later learn that you accidentally made someone feel excluded. How do you respond? What can you do to **repair the damage**? 

Your sibling left their phone on the counter and left the room. A text comes through on one of them from a friend asking a question you know the answer to. **Should you respond** on behalf of your sibling? 

What is **one goal** or resolution you have for the year ahead? How can tech help you achieve that goal? How might it stand in the way? 

For more tips, tools, and trainings to support your family in the digital world, visit **screensanity.org** 