

# 50+ Conversation Starters for Teens

## About Social Media

### Boundaries / Expectations

- What is social media? A: It's every kind of activity on a screen, even texting. Even a flip phone is social media.
- How do you feel about social media, mostly positive or mostly negative?
- What are some pros and cons for using it?
- What age do you think is appropriate for people to use social media?
- Do you think social media is safe? Why|Why not?
- How much screen time do you think is a healthy amount per day?
- How should someone manage their time with screens?
- Do you mostly spend time with other people by texting or other media, or in person?
- What do you prefer, a text, a phone call, or in-person time with someone?
- How would you respond to an invite, text, or chat message from an acquaintance or someone you don't know?
- Do you think it is safe to chat with people on multiplayer games?
- How can you trust that a person is who they say online?
- How do you / would you respond when someone un-follows you?
- Do you think it hurts other people's feelings if you un-follow them?
- Do you like social media, or do you feel pressured to use it because everyone else is?

### Behavior

- How would you describe a post|text as being rude or mean?
- What are some clues that someone is posting|texting indecent or embarrassing content?
- How do you respond when friends post|text behavior that is rude, mean, indecent, or embarrassing?

- Do you spend time with people who sometimes are rude, mean, indecent, or embarrassing? Why?
- Would your friends ever post|text|say anything to hurt your feelings?
- Would your friends stand up for you if someone was posting|texting|saying mean things about you?
- Would you stand up for your friends if someone was posting|texting|saying mean things about them? What would you do?
- Are your friends supporting you to grow as a person? Are you supporting them?

### Images / Permanence

- Some images are inappropriate to post and view. What makes them inappropriate?
- Do you think people need filters to prevent viewing and sharing these kinds of images?
- How do you feel about having a filter on your screen?
- Do you feel tempted to view images that are inappropriate?
- Would you feel comfortable if your parents knew everything you have seen?
- How do you respond when friends are viewing or sharing inappropriate images?
- How does it make you feel to know that every post|text is permanent? Everything you share can be saved as a screen-shot, and shared indefinitely.
- What might you do differently, knowing your posts|texts cannot be erased, once they are shared?
- Did you know that your posts can still be available to view in 5, 10, 15, 20+ years? Your future boyfriend|girlfriend, husband|wife, even boss at work could eventually see your screen history.

## Cyberbullying

- What is cyberbullying?
- Have you ever been bullied face to face? Cyberbullied? (Bullying is intentional, continuous rude or mean behavior.)
- Have you ever bullied someone else?
- What would you do if someone was bullying you?
- How is cyberbullying the same as in-person? Different?
- How can you help someone else if they are being bullied or cyberbullied?

## Feelings / Self-Esteem / Self-Actualization

- What do you think makes someone a good friend?
- Are you a good friend to others?
- Do you feel your friends are good to you?
- Would your friends spend time with you if you did not use social media?
- Do people mostly use social media because it's fun, or because it's popular?
- Does social media make people feel good about themselves?
- How can you use social media to help others feel good about themselves?
- What kinds of things can we use social media for that are positive, productive, and powerful?