



# Family Tech Talk Handout

## Directions

Sometimes starting the conversation can be the hardest part. Grab your parent and together, read through the following prompts and complete the handout below. Examples have been provided but make sure to come up with your own!

### 1. Our Favorite Apps

Write down the apps you love to use! These can include games, social media, video viewing apps, educational apps, news, shopping, music, exercise, travel, food delivery, recipes or productivity.

Parent Favorite Apps	
Student Favorite Apps	
<b>Family Favorite Apps (which apps, if any, do you have in common?)</b>	

### 2. First Impressions

Parents, what is one thing you wish you knew about your child’s favorite app? Students, what about you?

### 3. One New App We Promise to Try!

Look at the lists you put together above and choose one new app to try from the other person’s list. So, if you are the parent you must try one of your kid’s favorite apps, and vice versa! Make a plan to do this within ONE week!

a) Parent Promise:

b) Student Promise:

#### 4. List your favorite shows to watch online

Think of shows you are currently watching on YouTube, Netflix, Hulu, etc.—what are your top three? List them, and then circle the show that you are going to watch together!

Parent Shows: \_\_\_\_\_

Student Shows: \_\_\_\_\_

#### 5. When are the “social media off times” during the day?

It’s important for everyone in the family to take breaks from both social media and your phones altogether. Work together to decide your zero phone hours. Examples include: dinner, homework time, after lights out etc. Remember to think about how this works with all other rules at home.

<p><b>Social Media Off Times</b></p> <p>You can have your device, but you will be using it for other activities such as research for your next great science experiment.</p>	
<p><b>Zero Phone Hours</b></p> <p>These are times during the day that you will not be using a device at all. For example, everyone charges their device in the kitchen during bedtime.</p>	



## 6. What consequences do we think there should be if the rules are broken?

Make sure that you decide this together!

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## 7. True Confessions

Share a time you felt uncomfortable with something you saw or an experience you had online.

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## 8. What are our social media values?

Create a list of the things you both like to post and the ways you both want to interact with people online. You could also think of this as a “Do’s and Don’ts” list.

a) \_\_\_\_\_

b) \_\_\_\_\_



c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

**9. Keep the Conversation Going!**

Where will you put this handout as a reminder to return to this conversation?

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**Use this space to add more answers to any of the previous questions here!**

