

Parent Panel Sample Questions

(Parents of older teens offering advice to parents of tweens/younger teens)

1. Please introduce yourself, your kids and their ages.
2. What kind of social media do your kids have?
3. Did you set any kinds of rules or parameters around social media when your child was in middle school? Now that your child is in high school?
4. How has it affected how your kids interact with their peers and generally, how their classmates interact with one another?
5. What about social media has been good?
6. What about social media has been negative?
7. Do you think social media affects study or sleep habits for teenagers or not really?
8. Does your teen have an interest/activity they do or participate in to unplug from screens and recharge?
9. What is the main way that your teen communicates with peers to communicate or make plans?
10. What do teens spend most their time looking at online? Are girls different than guys?
11. Can you share experiences where social media has been challenging or hurtful to a tween or teen you know? Please don't include specific names.
12. Lots of talk about mental health these days. When you look around, do you think there's a connection between social media use & mental health?
13. Any final words of advice for parents of middle schoolers with kids ages 10-14 regarding social media?