

# Online Discussion Questions



Stop the Silence. Help End the Violence.

Talk to your child about information on profiles and together review all of his or her profiles. Encourage your child to share his or her online experiences. Here are some questions to consider:

1. What do you use the internet for? What devices are you using to access it?
2. Do you have an email address? How many? What are they, and what are the passwords?
3. Who do you communicate with? Do you chat (i.e. Google Chat, Facebook messaging)?
4. Have you ever talked to someone online who you didn't know in real life? How did you respond?
5. Have you ever shared personal information, like your address or phone number, with someone online?
6. Do you think communicating with people you don't know off-line is safe? Why?
7. Do you have a social media profile? How many? What platforms are they through? What are the usernames and passwords?
8. Do you think that people should put photos of their friends and family online?
9. Do you know the risks of sharing location information online?
10. Do you think college admissions officers look online for information on prospective students? What about coaches and potential employers?
11. Have you seen sexual images or remarks in a text, online, or on social media profiles? What did you do?
12. What do you do if a friend is looking at sites at school that are off-limits or inappropriate?
13. Have you ever participated in online challenges or trends that could be risky or dangerous?
14. Do you think you can be more authentic when you are online - can you be more who you really are - or do you think people like to be someone else and play around with their identity?
15. Teasing, lying, gossiping, threatening, spreading rumors, and harassing are all forms of bullying. If these things occur online, are they perceived as less "harming?" Has anyone done this to you?
16. If you were asked to "disconnect" (no cell phones or internet) for a period of two weeks, how easy or hard would it be for you and why?
17. What times and areas of the home are designated to be free of digital devices?
18. What are our rules for appropriate digital device usage?
19. Do you know how to report inappropriate content or behavior on social media platforms?

# Action Plan



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If you determine that your child has a profile on a social media site, consider the following plan:

1. Establish ground rules with your child regarding online safety, internet usage, and privacy issues.
2. Teach your child that whatever they put online is permanent. Everything they post, tweet, text or send using an app leaves a public digital footprint.
3. Limit when your child can use his/her devices. For example, prevent usage while driving, during meals, vacations, or after 9 p.m.
4. Establish your own profile, and demonstrate proper online behavior. Children respond better to parents that know what they are talking about.
5. Keep a current record of your child's login information, including all email addresses, login names, display names, and passwords.
6. It is important to know what apps your kids are downloading. Some of the apps/websites encourage risky behavior which can be dangerous.
7. Regularly check your child's network of friends on each website. If there are people on the list that you do not know, ask your child who they are and how they met them. Remove "online only friends" from your child's profiles. Look at the profiles of friends to see what they reveal about your child.
8. Frequently check the content of your child's profile. Is your child posting inappropriate personal information, photos, videos, blogs, or comments? Is your child engaging in harassing or other inappropriate conduct? If so, remove the content.
9. Check the account settings on your child's profile. Make sure settings are on private and take note if any users are blocked. For example, you can modify the "Privacy Settings" on a social media profile to make the profile "private," or to check on users whom your child has blocked. You'll probably want to make sure they're not sharing their current location.
10. Give your child a day to "clean-up" his or her profiles and together check the new profile(s). Encourage your child to use the ReThink mobile app.
11. Make sure your child knows to come to you with a problem right when it occurs, so you can help fix it. Things can get out of hand quickly online. Let them know coming to you is safe and that you will always listen and help.
12. Establish a plan for your child to text a code word or phrase to a parent or older sibling when he or she needs to get out of a uncomfortable situation.
13. Consider a rule that your child must ask for permission before downloading any apps - even free ones.