

Teen Digital Balance Guide

Ages 11–14 · family conversation cards

Use these light prompts during dinner or a walk to talk about online life without any judgment.

1

How do you feel after spending an hour scrolling through your main social feeds?

2

What is the funniest or most interesting thing you have learned from a video online this week?

3

Do you think the algorithms on your video apps show you things you actually like?

4

How do you decide when it is time to put your phone away and do something else?

5

Have you ever chatted with an automated computer assistant, and did it feel like talking to a human?

6

What is one thing about how adults use their screens that you think we should change?

7

How do you and your friends handle it when someone takes a long time to reply to messages?

8

What does a healthy balance between online gaming and schoolwork look like to you?

For the teacher — this also covers:

RSHE (healthy screen habits and wellbeing); oracy (family conversation); reflection and self-awareness.