

Discussion questions for parents and kids to have together

1. What is the most surprising thing you have heard tonight thus far? Why do you think it was so surprising?
2. As you listened to the material tonight what feelings and thoughts were most prominent in your head? What questions do you still have?
3. What are ways to have high quality discussions with your children about cell phone use? How can they feel understood, supported, and listened to?
Kids- what would help you feel understood, supported and listened to?
4. How do you think screens affect human connection?
5. How would it feel to take the "No App for Life challenge" (or a no screen time challenge). How would it feel to focus on the power of our human apps? How would it feel to be more authentic and personal in our day to day connections? How does it feel to receive focused attention from the people we are communicating with?
6. If the "No App for Life" (or no screen time) challenge seems too overwhelming or is not feasible, what are other ways you can intentionally disconnect for shorter periods of time? When is it most important to disconnect? What makes this hard to do? What feelings are brought up when you think about disconnecting for any length of time?
7. What kind of media plan might work for your family? What would be helpful ways to go about developing the plan? What might be effective strategies to review and follow the plan? What should happen when the plan is not followed?
8. Kids- what is the one thing you wish your parents understood about your digital world?
9. What is the number one skill set needed for future success in the workforce? Believe or not, it is *empathy*. Human skills are becoming the "new trend" as companies are realizing the new work force is lacking social skills needed for success. Why do you think this? How do you think our excessive use of screen time is affecting our ability to empathize with others?
10. Based on what you heard tonight, what action steps do you think are most important for your family? What is something you can do in the next week to take the first step?