

Teen Screen Talk

On a scale of 0-10 (10 being the most) how comfortable are you having your screen on during class?

What are your thoughts about camera and selfie filters?

What is your favorite social media app?

Do you think there is more pressure to look a certain way because of social media?

**How many hours in a day is too much screen time?
How much is enough?**

On a scale of 0-10 (10 being the most) how comfortable are you having your screen on during counseling?

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Share about a negative experience online or during screen time.

Share about a positive experience online or during screen time.

What do you think about adults taking away phones or screen time, as a punishment?

Make a question.

What have you learned about online safety?

On a scale of 0-10 (10 being the most) how comfortable are you having your screen on during counseling?

Teen Screen Talk

If you could share or explain something about social media to adults, what would it be?

What is your least favorite social media app?

Give yourself a compliment.

Describe teenagers in 3 words.

Make a question.

What is your favorite tv show, movie, or YouTube channel?