

CONVERSATION STARTERS

Start meaningful conversations with your kids using these simple, nonjudgmental prompts.

These work well over dinner, during car rides, or as part of a routine check-in.

FOR YOUNGER KIDS (AGES 5-11)

- What games do you like to play online?
- Have you ever seen something online that confused you?
- Do you know what private information is?
- What would you do if a stranger wanted to chat with you online?
- Can you show me your favorite app and how it works?



FOR TWEENS & TEENS (AGES 12+)

- Who do you follow on social media and why?
- Has anyone ever said something online that made you uncomfortable?
- Do you know how to report or block someone on your favorite app?
- What are some online challenges your friends talk about?
- Do you think people act differently online than in real life?

OPEN-ENDED PROMPTS FOR ANY AGE

- What's the funniest (or weirdest) thing you've seen online recently?
- What would you do if someone asked you for a secret photo or video?
- Have you ever helped someone stay safe online?
- How do you decide what's okay to share or post?
- Do you feel like you can come to me if something online bothers you?

Keep the tone supportive, not invasive. The goal is to build trust, NOT to interrogate.

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