

Conversation Starters

It's never too late to start the conversations.


These are the moments that will build the safety net our kids need.

Youth need to feel unconditionally supported and know that they can come to you. These examples of conversation starters are a starting point in building trust.



Ages 4-6


Asked for the password to your device.



"Let's pick a game that is safe to play online."

Ages 7-9


Some might be texting friends and family.



"What do your friends use their phone/tablet for?"

Ages 10-12


Using devices to chat with friends.



"Has anyone ever made you feel weird or nervous online?"

Ages 13-17

Starting to use social media apps.




"Do you know your rights online?"

If a child is faced with any of these harms, what are some things we want them to know and feel?

- That if someone chose to hurt them, it is not their fault
- That they can reach out for help
- We'll have their back

These are messages that we want them to know before, during and after they even touch a device.

Contact Us:

 [\(866\) 807-3558](tel:(866)807-3558)

 info@acaahelp.ca

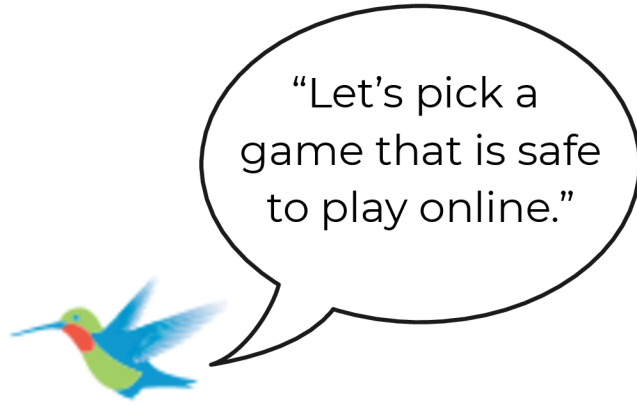
 acaahelp.ca



Use the QR code for more examples of our conversation starters



Conversation Starters



“Let’s pick a game that is safe to play online.”

Milestones

- Ask to use a shared device
- Ask to download a new game or app on a shared device
- Ask for the password to your device
- Have been watching or using a device for an extended period of time

Conversation Starters

- “What kinds of things do your friends do online?”
- “Let’s pick which game is safe to play online”
- “What are some things that make you feel good about...?”
- “What are some of the not so good things?”
- “Do you think you need a stretch break/fresh air break? How’s your body feeling?”
- “What can you do if someone asks for your personal or private information online?”
- “Do you think people tell lies about who they are online? Why?”
- “What does it mean to trust someone?”
- “There are some things on the internet that can be harmful to us”

Concepts to start talking about & considerations

- Private vs public: what’s the difference in person and online?
- People in your life you can talk to about tricky things
- Talking about body respect and correct names for all body parts (even the private ones) helps them understand consent, and sets the stage for healthy boundaries online and offline
- Access to technology may begin, but remember, these devices are still connected to the internet
- Creating your family’s own values and norms around technology
- - Making decisions around transparency, passwords, screen time



Ages 7-9

Some might be texting friends and family.

Conversation Starters



Milestones

- Device use for school / educational purposes
- Can independently log on to family devices and navigate online sites
- Some might be texting friends and family
- Increasing interest in bodies, and a natural curiosity to learn more and to imitate older kids

Conversation Starters

- “What do your friends use their phone/tablet for?”
- “When you are using the internet, how might you know that it’s good for a kid your age or not?”
- “When I post photos, I always ask you first, what does it feel like knowing that you have control over this?”
- “Do you have any friends you’ve met online?”
- “How might you know if something is for adults vs kids?”
- “Do your friends have their own phone or tablet?”
- “Let’s decide which game is safe to play online with friends.”

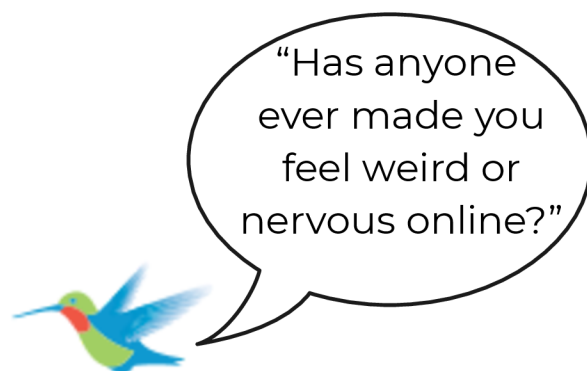
Concepts to start talking about & considerations

- What are your rights online? (to be treated kindly, to share or not to share, to not be lied to, to turn it off)
- Respectful relationships
- Digital Privacy
- Consent
- Grooming



Reach out to us if you have follow-up questions or any concerns.

Conversation Starters



Milestones

- Puberty, along with an interest in new kinds of relationships
- Might start to prioritize peer relationships over family
- Increasingly using a device independently (without parent supervision)
- Lots of interest in social media, even if they don't meet the age requirements
- Peers are increasingly using devices.
- Carrying devices with them when they leave the house
- Using devices to chat with friends
- Using devices to play online games

Conversation Starters

- “Do you know what to do if someone is talking to you online and it makes you feel weird?”
- “Do you know if any of your friends message people online that they don't know in real life?”
- “Do you think people tell lies about who they are online? Why?”
- “Has anyone ever made you feel weird or nervous online?”
- “What makes you most excited about having a device of your own?”
- “How do you feel about having a monitoring app on your device?”
- “Have you ever heard about consent?”

Concepts to start talking about & considerations

- Consent applies in person and online
- Pornography
- Luring
- Sexting



Conversation Starters



Milestones

- Starting to use social media apps
- Has their own device and uses it without parental supervision
- Likely uses apps and devices to chat with friends regularly

Conversation Starters

- “What apps do you and your friends like to use?”
- “What do you like about (TikTok, Snapchat, Instagram)?”
- “What if you get a photo (nude) you weren’t expecting?”
- “Do you know your rights online?”
- “Do you know what kinds of things you are comfortable sharing or not online?”
- “Do you ask how someone is saving the pic or information you are sending them before you share it?”
- “What are some questions you might ask yourself before posting?”

Concepts to start talking about & considerations

- Risks of taking and sharing intimate photos of yourself and others
- Sexting with consent
- Questions you might ask yourself before posting? You might check your spelling, grammar, and emojis before sending.... You might also ask
 1. Is it kind?
 2. Is it helpful?
 3. Is it fun?
 4. Is it true?
 5. How will it reflect on me?
 6. Will it make you or someone else happier?
 7. Does it have the potential to hurt feelings?
 8. How long is it going to stay online for?
 9. What if (my grandma, future employer, teacher, partner’s parents) saw this - We might not totally know why this is important... It’s not relevant now

