

Things to consider when asking young people about their online use?



WHAT TO ASK

Acknowledge the positives around online use:

"ASK WHAT I LIKE ABOUT IT FIRST SO I GET TO SHARE"

Ask about how they engage online:

"ASK HOW LONG DO YOU SPEND ONLINE? WHAT APPS DO YOU USE?"

Ask how online use impacts behaviours, relationships and mood:

"ASK HOW DO YOU THINK YOUR ONLINE ACTIVITIES AFFECT YOU?"

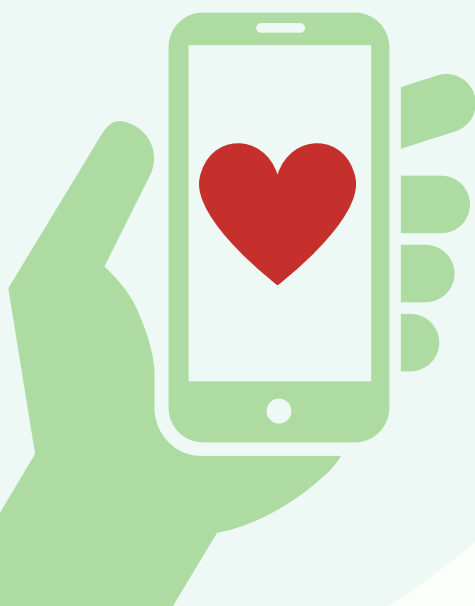
WAYS TO HELP A YOUNG PERSON FEEL **COMFORTABLE** SHARING THEIR ONLINE USE WITH YOU.



HOW TO ASK

Be mindful of your body language.
Be casual, open, and honest.

Young people may prefer to write down their thoughts and feelings in an online use diary or by completing a short survey.



HOW TO ACT

Stay non-judgmental throughout.
Have an understanding of what young people do online.
Establish trust and a safe space for sharing.



GIVING ADVICE

Do not tell a young person to completely **stop** their online use

Work with them to identify how they can use the online world productively.

Refer them to online help sites, or forums with effective moderation.

Suggest ways to stay safe online.

