

Equipping Your Teen While Building Connection

Goal: Build a connection with your teen while helping them establish boundaries.



Ask your child if their accounts are set to private.

- What is on your profile, and who can see it?
- When you let someone follow you, you let them into your life.
- Who are the people you want to let into your life?
- Look at location settings together to ensure your child is not sharing their location through any of their apps/accounts.

Ask your child how they interact with their friends on comments and what to do with images.

- How do you feel if someone positively comments on your photo/post? What if it's negative?
- What are your thoughts on sexting?
- How would you feel if an intimate image you sent was passed around your school?



Ask your child if they feel they can come to you about anything.

- Are you worried about disappointing me?
- What can I do better to allow a more open conversation between us about these things?
- Do you have a trusted adult besides me that you can go to? If so, who?

