



# Social media check-in

How are things?	Quite good	Great	Things to think about	Problems
<p><b>Impacts</b></p> <p><i>How has your social media life been going?</i></p> <p>Has it made you happy / sad / unable to sleep / anxious / more in touch with friends &amp; family?</p>				
<p><b>Skills</b></p> <p><i>What have you learned to do on social media?</i></p> <p>Can you block or restrict someone if you need to?</p> <p>How well have you managed your life on social media?</p>				

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<p><b>Anxieties</b></p> <p><i>Are there things you are a bit worried about on social media?</i></p> <p>Anyone talking to you in ways that make you uncomfortable?</p>				
<p><b>Major upsets</b></p> <p><i>Are there things you have been upset by?</i></p> <p>Have there been any incidents or unwanted messaging, photos or other material sent to or by your child?</p>				

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<p><b>What would you do if...?</b></p> <p>Talk through some of the scenarios in the What if...? Cards to see how your child solves these problems. Ask what advice they would give the young person in the scenario.</p>				

## Thinking about your child's resilience

1. Can your child keep to the family agreement only if there are rewards or consequences?
2. Can your child name an online threat without understanding it or being able to recognise it? (eg hacking or phishing, but cannot recognise them if they actually occur).
3. Can your child understand why the behaviour you have agreed matters and how it fits in with your aims to keep them safe and your values?
4. If you have started your child off on safe social media apps, you will have an idea of how this is going for them.
5. Are they ready to move onto apps that require more social skills?
6. Talk through these questions with your child and add your own.

Asking these questions can help you develop a picture of how resilient your child might be on social media and what impacts, if any, they have experienced.

**By using both their real experiences and anxieties as well as fantasy situations on the cards, you will give your child an opportunity to rehearse what they might do in future if they come across a problem on social media.**