

POCKET CHATS CONVERSATION STARTERS FOR THE SOCIAL MEDIA BAN

The social media ban is coming in December 2025, and your teen probably has strong feelings about it. Instead of lectures or rules, try starting with curiosity. These 5 questions open the door to real conversations about digital citizenship, trust, and connection.

1

“WHY DO YOU THINK THE GOVERNMENT MADE THIS RULE?”

Why this works: Invites critical thinking instead of defensiveness. You are not defending the ban, you are exploring it together.

What to listen for: Do they understand the concerns? Do they feel the ban is fair? This reveals how they see themselves in the digital world.

2

“HOW DO YOU FEEL ABOUT NOT BEING ABLE TO USE [PLATFORM] WITH YOUR FRIENDS?”

Why this works: Validates their emotions. Social media is not just entertainment, it is their social infrastructure.

What to listen for: Anxiety about being left out, frustration, or relief. Their answer guides what support they need.

3

“WHAT WOULD HELP YOU FEEL SAFE ONLINE WITHOUT A BAN?”

Why this works: Shifts from “rules imposed on them” to “solutions they help create.”

What to listen for: Their ideas about safety, boundaries, and responsibility. This is gold for building your Family Digital Agreement together.

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“IF YOU COULD DESIGN YOUR OWN DIGITAL RULES, WHAT WOULD THEY BE?”

Why this works: Empowers them to think about ethics, balance, and consequences.

What to listen for: Are their rules about time limits, content, or relationships? This shows what matters most to them.



“WHAT IS ONE THING YOU WISH I UNDERSTOOD ABOUT YOUR ONLINE WORLD?”

Why this works: Opens the door for them to teach you. Teens are more likely to engage when they feel heard.

What to listen for: Insights into their digital life you might be missing. This builds trust and reduces secrecy.

... Try this tonight

Before dinner, pick just one question from the guide.

Ask it with genuine curiosity, then pause.

Let your teen speak without interrupting or correcting.

Notice what you learn about their world, and thank them for sharing.

Small conversations like this build the trust that keeps bigger ones open.

What Happens Next?

These questions are just the beginning. If you want a structured, research-backed way to guide your family through the digital world, without fear, control, or confusion, the Family Digital Agreement Kit gives you everything you need.

It is not about banning. It is about building trust, empathy, and digital responsibility together.