



Conversation Starters by Age

Short, low-pressure questions work best. Try them in the car, at dinner, or while doing something side by side.

Ages 5–8

- "What's your favorite thing to do on the tablet? Can you show me?"
- "What would you do if something popped up that you didn't understand?"
- "Who are the grown-ups you can tell if something online feels scary?"
- "Why do you think we ask before downloading a new game?"

Ages 9–12

- "Which apps and games are your friends using?"
- "Has anyone you don't know ever tried to talk to you in a game?"
- "What would you do if someone in a group chat was being mean to a classmate?"
- "What do you think a fair amount of screen time is on a school night?"

Ages 13–17

- "What's something online that adults don't understand?"
- "If someone threatened to share a private photo, what would you do?"
- "Have you ever had an AI chatbot say something that felt off?"
- "Which of our family rules feel fair? Which would you change?"

For any age

- "If something online ever made you uncomfortable, who would you tell first?"
- "What would make it hard to tell me? How can I make that easier?"
- "What's the best thing that happened online this week?"

When they bring you a problem

- "Thank you for telling me. You're not in trouble."
- "Let's figure this out together."
- "What would help most right now?"
- "You did the right thing coming to me."

Tips: Ask about what they enjoy before asking about risks. Share a mistake you made online. Keep your voice calm, even when the answer worries you; how you react decides whether they come back next time.