

Talking to Children and Young People about Their Social Media Engagement

Questions to ask

- What do you look for/motivates you when you search for information on the internet/social media?
- What sites do you use to do this? Who might you follow?
- How often do you use the internet/social media to find out about your mental health?
- Who do you chat to/follow/listen to on social media about your condition?
- What kinds of things do you talk about/follow?
- What do you like/benefit from in your searches and interactions online?
- Do any of the things you follow or talk about make you feel uncomfortable?
- Do you know what steps you can take to protect yourself when you feel uncomfortable?
- Have you found yourself receiving more information about the condition you've been searching/talking about?
- How secure are your accounts? Have you shared passwords with anyone you know/trust?

Talking to Children and Young People about Spending Money Online

Questions to ask

- Do you find yourself spending more money than you set out to spend online?
- What sorts of things do you spend your money on?
- What tempts/motivates you to spend?
- Do you ever feel regret after spending? Why?
- Do you often go over the limit of what you thought you would spend?
- Are you able to put off purchasing something you want now for tomorrow?
- What's the worst impact your spending has had on you?