

30-Second Conversations That Save Lives

You don't need to be a digital expert. You just need to ask the right questions - consistently, calmly, and without judgment.

Use these prompts to start powerful, short conversations with your child.

1. "Has anyone you don't know ever messaged you online?"
2. "If someone ever made you feel weird or uncomfortable online, would you tell me?"
3. "Do you know how to block and report someone in your apps?"
4. "What's an app your friends use that I might not know about?"
5. "Have you ever felt pressured to send a photo or respond to a message?"
6. "Do you know what sextortion is?"
7. "Do you think other kids in your school talk to strangers online?"
8. "If you made a mistake online, what would you want me to do - yell, or help fix it?"
9. "Who's the first person you'd tell if something online scared you?"
10. "What's the one thing you wish adults understood about being online?"

TIP: These conversations work best when you're not making direct eye contact - try while driving, walking, or doing chores together.