

Asking the Right Questions



Exploring influence, not just activity

The most valuable conversations move beyond which apps young people use and explore how their online experiences shape their thoughts, feelings and choices.

Exploring Influence

What makes you stop and listen to someone's advice online?
Have you ever felt pressured online?
Have you ever seen advice online that didn't feel safe or healthy?
Have you ever doubted advice that others followed online?
Which online communities make you feel like you belong?
Who do you listen to or trust most online?
What makes you feel accepted online?
Have you ever changed your mind because of what you saw online?

Protecting Wellbeing

How can you tell when something online is negatively affecting you?
Where do you go online when you're having a difficult day?
Has content ever changed how you think about yourself?

Promoting Agency

What helps you decide whether something online is right for you?
Do you feel in control of what you see online?
What would help you take back control?

Understanding Impact

How important is your online life to who you are?
Has content ever changed how you think about yourself?
Does being online ever make you feel worse about yourself?
Have you ever found yourself thinking about something online long after you've seen it?

Gently Reinforcing Support

What makes it easier or harder to ask for help?
Can you be honest with adults about your online life?
What would make it easier to talk about something worrying online?
Is there an adult you trust to listen without judgement?

You do not need to ask every question, but by reframing your questions you can better understand influence and support young people online

If you're worried about a child's safety or wellbeing, then seek help and advice from the **NSPCC Helpline 0808 800 5000** or **Young Minds Parent Helpline on 0808 802 5544**. You can also visit mollyrosefoundation.org/get-support