Kicking off the Conversation Discussion Questions

● How many of you are on social media? How many different feeds do you regularly use?

 ● What do you love about your social media feeds? What are your favorite apps and why? Where has it been good for friendships?

 ● How about the other side – what don't you like about it? Could you describe situations where you've felt a more negative side?

● Have you or someone you know ever felt the negative effects of social media? If so, can you describe how it felt to them? What do you do or say to comfort them?

 ● Have you ever felt like maintaining your social media was a job?

 ● Have you ever experienced FOMO (fear of missing out)?

● Since FOMO has always existed in many social settings what could you do to counter this feeling? (JOMO- Joy of Missing Out :))?

 ● How does it make you feel when your posts don't get very many 'likes'? What could you do to feel better? Talk out some ideas. (Remember Leah Pearlman - co-creator Facebook "LIKE" button - said the button is an algorithm and not reliable)

● Do you think social media plays a key role in the rise in anxiety? If so, can you describe how? What are the main triggers to anxiety?

● Do you think less time on our devices and more time offline would make us all feel a little bit better? What could you do instead?

 Do you have any tricks or reminders to give yourself some screen-free time? Remember, Dr. Dimitri Christakis says focusing on 3 hours offline per day is much easier to manage than controlling how much time we are online.

● When does being online make you feel more connected to people?

● When does it make you feel disconnected?

 ● Have you noticed a difference between how you feel when you're on social media for a pretty short time (say, 20 minutes) and 2 or more hours? How would you describe what happens to your brain / your mood?

 ● What do you think might be an effective way to create balance in your life when it comes to social media? Do you have family rules and strategies in place, for adults as well as kids?

 ● Do you ever experience people being mean to others online? How does that make you feel? - Would you ever get involved? Do you know who to go to for help?

● Do you think social media platforms should be held more accountable? If so, how?

● In general, certain apps can make us feel regret and others make us happy. What apps make you happy? For most people, it's not what they'd usually think.