

Adolescent Media History
Erin Belfort, MD

Questions for adolescents/tweens:

What are the rules at your house about screen time and media use?

How many hours a day of screen time do you use?

What social media sites do you use? (Instagram, Tik Tok, Snapchat, etc)

Who are your friends/followers online? Do you connect with strangers? Have you arranged to meet an online friend offline/in person?

Do you have privacy settings turned on? (for various apps)

Where are the devices located at home? Do you have internet connected devices in your bedroom at night? (ie laptops, desktops, internet capable phones, video games)

Where is your cell phone at night? If in your bedroom, do you put it on silent mode or are you awoken by incoming texts or posts?

What are your favorite websites? Do you visit sites related to eating disorders (ie “pro-Ana” sites), cutting or suicide?

Where do you learn about sexual health, sexuality or sexual behavior? Do you go to X rated or pornographic websites?

Have your parents been concerned with things you’ve posted online? Have your friends ever been concerned with things you’ve posted online?

What are your rules for yourself about what you will/won’t post online?

Have you posted things online that you’ve later regretted?

Have you experienced cyberbullying? Have you cyberbullied someone else? How would you respond if you saw someone cyberbullying someone else online?

Have you sent/received a “sext” message?

Do you text & drive? Do your friends text & drive?

Are you required to have a computer/tablet for school? Who provides it? Are there rules in school?

Have you changed your screen time use over time? If so, how and why?

Questions for parents:

What are the rules at your house about screen time and media use?

Do you have any concerns about your child's media use?

Has your child gotten into any trouble at home or at school for incidents related to texting or social media use?

Do you monitor your child's communications- ie texts, emails or social network site postings? If your child is on Instagram/YouTube/Tik Tok, are you a "friend"?

Do you monitor what your child watches on TV or movies? Video games?

How do you (parents) use social media or cell phones at home?

Do you eat dinner together? What are there rules about screen time use during meals?

Links to other sites regarding Mental Health and Social Media:

<https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>

<https://www.healthychildren.org/english/family-life/media/pages/default.aspx>

<https://www.childrenandscreens.org/learn-explore/research/youth-anxiety-depression-and-digital-media/>

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx

https://www.aacap.org/AACAP/Families_Youth/Resource_Centers/AACAP/Families_and_Youth/Resource_Centers/Screen_Media_Resource_Center/Home.aspx