



Am I ready for social media?



A SELF-EVALUATION FOR TEENS

1. Am I **legally old enough** to use social media apps (13+)?

No Yes

2. Am I able to **close a tab or an app** if I see something that doesn't align with my personal values?

Still Learning Sometimes Almost Always

3. Do I **put my device away** to listen to a teacher, parent, or friend and give them my full attention?

Still Learning Sometimes Almost Always

4. Do I **put my device away promptly** when I'm asked?

Still Learning Sometimes Almost Always

5. Am I **honest with my parents** about my online and real life activities?

Still Learning Sometimes Almost Always

6. Do I feel like I can **talk openly with my parents** about my concerns with friends, school, and other topics?

Still Learning Sometimes Almost Always

7. Do I leave devices **out of my bedroom**?

Still Learning Sometimes Almost Always

8. Do I **treat others kindly** in person and online?

Still Learning Sometimes Almost Always

9. Do I have **healthy ways of coping** when I feel like I don't measure up?

Still Learning Sometimes Almost Always

10. Do I **understand the importance of privacy**, such as avoiding sharing my exact location and talking to strangers on the internet?

Not really Yes, I understand

11. Am I able to **focus on my homework** and demonstrate healthy study skills without being distracted by devices?

Still Learning Sometimes Almost Always

12. Do I follow our family's **technology plan**?

Still Learning Sometimes Almost Always

Don't worry if you don't pass the first time!

We have all the resources you need to succeed in our course, Untangling Teens & Tech.

[Click here](#) to start worrying less and connecting more with your teen!



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A SELF-EVALUATION FOR PARENTS

1. Have I worked with my family to create a **family technology plan**?

No Yes

2. Do I have a plan in place for **being involved** in my teen's social media use?

No Yes

3. Do I have a family history of **depression, anxiety, or suicide**? If yes, have I had these conversations with my teen?

Yes-No Yes-Yes No-N/A

4. Has my teen struggled with viewing **pornography**?

No Yes

5. Have I **talked to my teen about pornography** and the effects it can have on their relationships, their brain, and on society as a whole?

No Yes

6. Have I **talked to my teen about the positive side of sex** and how it is meaningful when the time is right? (according to your family's values)

No Yes

7. Does my teen know our family's guidelines regarding tech use, including **sexting and sending/receiving nude photos**?

No Yes

8. Have I talked to my teen about **online predators**, how they might disguise themselves, and potential risks with direct messages?

No Yes

9. Can I have **calm conversations** with my teen about their posts, comments, and private messaging?

Still Learning Sometimes Almost Always

10. Do I feel my teen is **emotionally mature** and generally kind to others?

Still Learning Sometimes Almost Always

11. Does my teen have **healthy social connections** and hobbies offline?

No, not really Some Yes, definitely

12. Is my teen **responsible with their tech use** including leaving devices out of the bedroom?

Still Learning Sometimes Almost Always

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