

#UNSUBSCRIBED

COMMUNICATION IS KEY!

As a teen, the best thing I can recommend for parents is to build solid relationships with their teens; that way, the door is open for communication about social media.

Here are some questions to get the conversation started:

- What is your favorite part about [social media, Instagram, Snapchat, etc]?
 - What is the worst part about [social media, Instagram, Snapchat, etc]?
 - Why do you use [social media, Instagram, Snapchat, etc]?
 - How do you feel before, during, and after using [social media, Instagram, Snapchat, etc]?
 - What do you think would happen if you didn't use [your phone, social media, Instagram, Snapchat, etc] for [1, 2, 10 days]?
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