

# DigiTalk conversation cards



DigiTalk

What social media channels do you like the most? **What do you like about them?**



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**How do you feel** after using social media?



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Are you happy with the **amount of time** you spend on social media?



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**How do you think you'd feel** if you had to go a week without social media?



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How does **connecting with friends online** compare to connecting in real life?



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Do you think what people post on social media is **always realistic**?



Why/why not?



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## How to use your DigiTalk conversation cards at home:

### Step 1:

Print out this sheet and cut out the DigiTalk conversation cards.

### Step 2:

Choose an option that suits your family – you can try one approach or experiment with all three.

**Option 1 - Choose your own adventure:** Place the cards on your kitchen table face down and draw a card from the deck. Use that to start your chat.

**Option 2 - Plan the week:** Stick a different card on the fridge each week and make it a priority to chat about that topic some time across the week.

**Option 3 - Share the responsibility:** Lay out all the cards on the table face up. Take turns with your child and each choose a topic to discuss until you have worked through them all.

**No matter how you choose to use the cards, it's important to have the DigiTalk. And don't forget, these topics are just the start. Your family's DigiTalk should grow and evolve along with your family.**

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**Who do you follow** on social media?



Do you ever compare yourself to them?

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