Let's Talk Tech:
10 Questions to Ask Your Child

A practical guide to open, real
& empathetic conversations about
your child's digital life.

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Overview
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Understanding your child's online world doesn't require being a tech expert, it just starts with a good question and a little curiosity.

This guide is designed to help you start meaningful, pressure-free conversations that build trust and open up space for your child to share how they really feel about the apps, games, and digital spaces they spend time in.

Whether it's their favourite app, a viral trend, or a tricky online moment, these questions are a chance to listen without judgement, learn together, and make digital wellbeing part of everyday life, not just something you talk about when there's a problem.

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1. **What's your favourite app right now and what do you like most about it?**
    (Encourages openness around platforms like TikTok, Discord, Snapchat, Roblox, etc.)

2. **Do you ever feel like time disappears when you're on your phone or gaming? What's that like?**
    (Unpacks compulsive scrolling or gaming loops tied to dopamine design)

3. **What kind of things do your friends send each other in group chats?**
    (Brings attention to shared content, dares, or social pressure)

4. **Have you ever felt pressure to keep up online, like responding straight away or posting certain things?**
    (Highlights notification anxiety and comparison cycles)

5. **If an app or game made you feel uncomfortable or upset, who would you talk to?**
    (Normalises help-seeking and emotional check-ins)

6. **Do you think people behave differently online than they do in real life? Why?**

   (Invites conversation around online disinhibition and digital identity)

7. **Do you know what a chatbot or AI friend is? Have you or your friends ever used one?**

   (Explores the rise of AI companions like Replika, Anima, Character.ai)

8. **What's one thing you wish adults better understood about how young people use tech?**

   (Reframes the conversation to validate their voice)

9. **Are there any rules at home or school that don't really make sense to you? Why?**

   (Opens discussion about boundaries and shared responsibility)

10. **What could we change as a family to make tech time feel healthier or happier?**

    (Promotes collaborative digital wellbeing)

Tips and recommendations

We've also included a film recommendation called **Childhood 2.0** as a suggestion for you to watch or co-watch with your child. These stories help spark natural conversations around screen time, identity, safety, and connection, without feeling like a lecture.

Film rating and overviews by Common Sense Media can be found **here.**

Qoria

Global headquarters

Qoria Limited
Level 3, 45 St Georges Terrace,
Perth WA 6000, Australia.

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