

Parent Conversation Cards

Twelve cards to keep the conversation from the Digital Wellness, AI & Social Media presentation going at home.

How to use these

Keep them where talks happen. The car, the kitchen table, the walk with the dog. Side-by-side beats face-to-face — nobody has to hold eye contact.

One card, once. Pull one out, ask, and let it go. A single good conversation beats a lecture.

Go first. Share your own screen time, your own text you regret. It turns a lecture into a conversation.

Use their words. These cards use the same phrases your teen heard — “screens down,” “social mask,” “Golden Rule 2.0.” They’ll recognize them, and that makes the message stick.

Watch the presentation. The recording is on the Dynamic Influence parent page. Use the access code from Tantasqua's email.

Need help right now? Free, 24/7.

988 Suicide & Crisis Lifeline — call or text	988
Massachusetts Behavioral Health Help Line — call or text	833-773-2445
Crisis Text Line — text HOME	741741
NCMEC CyberTipline — report sextortion	1-800-843-5678
Emergency	911

CONVERSATION 1

The landmine question

“Which online ‘landmine’ do you think kids at Tantasqua step on most?”

Asking about other kids gets more honest answers — and tells you what they're seeing.

DYNAMIC INFLUENCE

CONVERSATION 2

The one-week challenge

“Want to track our screen time for a week? I'll do mine too.”

Divide the week by 7, multiply by 365. Doing yours alongside theirs makes it an experiment, not an accusation.

DYNAMIC INFLUENCE

CONVERSATION 3

The AI question

“What do you actually use AI for? Show me something you've done with it.”

Curiosity, not interrogation. If a chatbot is who they talk to when they're down, ask what it gives them that people don't.

DYNAMIC INFLUENCE

CONVERSATION 4

The mask

“Whose life online looks perfect? What do you think it's really like underneath?”

It's easier to spot the social mask on someone else first. The presentation called it the tip of the iceberg.

DYNAMIC INFLUENCE

CONVERSATION 5

Say this out loud

“If anyone online ever threatened or pressured you, you would never be in trouble for telling me.”

Not a question — a promise, made before anything happens. Silence is what online blackmail depends on.

DYNAMIC INFLUENCE

THE ONE RULE

Emotional? Screens down.

“Calm down first. Then talk to them — in person or by call, never by text.”

Students were told: if you forget everything else, remember this one. Worth modeling yourself.

DYNAMIC INFLUENCE

THE MATH

A month a year

$$2 \text{ hrs} \times 365 = 730 \text{ hrs}$$

$$730 \div 24 \approx 30 \text{ days}$$

Two recreational hours a day is a full month a year on a screen. Four hours is two months.

DYNAMIC INFLUENCE

AT HOME

The hour before bed

- Power down an hour before bed.
- Charge phones outside the bedroom — or at least across the room.
- Try it for two weeks. The whole house.

Sleep, exercise and face-to-face time are the three things that protect a teen's mental health.

DYNAMIC INFLUENCE

BEFORE YOU POST

Double-check your math

- Would I want this posted about me, or someone I care about?
- Would I care if it were on a billboard?
- Would I care if it lasted forever?

Golden Rule 2.0: post about others — and create AI images of others — only the way you'd want it done to you.

DYNAMIC INFLUENCE

IF IT HAPPENS

Sextortion: what to do

- **Don't pay.** It rarely ends it.
- **Don't delete.** Block, but keep the messages.
- **Report:** report.cybertip.org · 1-800-843-5678
- **Remove images:** takeitdown.ncmec.org

Lead with relief, not anger. The blackmailer is to blame, not your teen.

DYNAMIC INFLUENCE

THE AI TRAP

The friend who always agrees

“How is talking to AI different from talking to your friends?”

A chatbot calls every idea brilliant. Real relationships are awkward — and that's how social skills get built.

DYNAMIC INFLUENCE

GET HELP

Free, 24/7

- **988** — call or text
- **833-773-2445** — MA Behavioral Health Help Line
- **800-294-4665** — Riverside mobile crisis
- **508-347-7161** — Tantasqua counseling

In an emergency, call 911.

DYNAMIC INFLUENCE