Connecting: Raising Kids in the Digital World

CENTRAL QUESTION GUIDE

1. What made you interested in picking up *Connecting*?

2. *Connecting* is organized into four parts: relationships, healthy behaviors, mental and emotional well-being, and risky behaviors. Was there a section that you found more interesting or useful?

3. What were the chapters that most resonated with you? What shifted for you after reading it?

4. Megan and Jenny include anecdotes about their own family in the book - did any of that feel familiar? What have you experienced that wasn't captured in the book?

5. If you feel comfortable sharing, what ups and downs have you had with technology in your family? Was there a time when you felt like a total failure, but then learned from it in the end?

6. Why is it so hard to talk about this topic?

7. *Connecting* uses a strengths-based approach towards interacting with children and adolescents, describing them as "incredible sources of ideas and passion." How does this approach align with how you were parented? How does it align with how you interact with youth in your life?

8. *Connecting* describes the 5 Cs of Healthy Media Use to include: child, content, calm, crowding out and communication. Which of these Cs resonated with you? Which C do you feel you are already aligned with? Which of the Cs feels like an area you'd be excited to work on?

9. The book includes "Tech Corners" that describe how tech designs can cause problems or make parenting harder. If you had a magic wand, what do you wish would change about tech design?

10. What questions do you still have after reading Connecting? What would you like to learn more about?

11. If you tried any of the conversation tips or experiments recommended at the end of the chapter, what was the most challenging or difficult? Which was easiest?

12. What was the most challenging or difficult part of *Connecting* to read or understand? How did you overcome it?

13. Connecting shares research describing the differences in effect for media and mental health compared with other health risks. From the book:

"A recent meta-analysis found that each hour of daily screen time correlated with an 11% higher risk of behavior problems in children 12 and under; another meta-analysis found a 20% higher risk of depression in teens who used more than 2 hours of entertainment screen time per day. In comparison, smoking cigarettes is associated with a 1,500% to 3,000% increased risk of lung cancer - a pretty powerful link. The relatively smaller risk sizes in population-based studies of media use suggest that, across all kids, there are many other factors actively shaping youth mental health—poverty, adverse childhood experiences (eg, having a parent with a substance use disorder or who is incarcerated), the quality of their schools, or the strength of their relationship with their parents. Screen media use is only one factor, but it's a modifiable factor."

Were these data points ones that you had learned in the past? How does this research shape your evaluation of the role of technology in young mental health?