Screenagers Discussion Leader Guide

Please use these questions as a guideline for your own group discussion after the film.

Opening Questions:
1. What scenes or moments from the film stand out in your mind as significant?

2. What did you learn from this film?

Screen Time in Daily Life:
3. How many hours/day do you and your children spend on screens per day?

4. What are some of the ways screens are used in your family?

5. What are some of the benefits of screen technology (productivity, school, research, stay connected with friends, family) What are some of the dangers? (cyber bullying, negative social media influences)

6. The film mentions some research on multitasking as being less effective. Do you agree or disagree?

Social Media and Video Games:
7. The film mentions violence in videogames. Do you feel video game violence is a problem? In society? In your family? What are some popular games today that do not include violence?

8. What effect has social media had on you and your children? Would you say the effect is more negative or positive? What steps can you take to minimize the negative effects of social media?

9. Would you say screen time is the most popular form of entertainment in your family? What other non screen activities do you and your children enjoy? How can you take an active step to make sure to include some of these activities into your family's schedule?

Mental Health:
10. Do you think there is a connection between mental health struggles such as depression and anxiety and screen time habits? How do you think parents can help these kids address the root of their problems?

Application:
11. Are there any commitments you feel you should make as a family after seeing this film? Is it reasonable to expect no phones at the dinner table? How about time limits?

12. Do you think on-going calm discussions about technology are important to have in your family? How can you improve the communication in your family surrounding technology?

Screenagers 討論問題建議

問題:
1. 電影中的哪些場景在你的腦海中留下深刻印象？

2. 你從這部電影中學到了什麼？

日常生活中的屏幕時間:
3. 您和您的孩子每天花多少小時在屏幕上？

4. 你家裡使用屏幕的方式有哪些？

5. 屏幕技術有哪些好處(生產力、學校、研究、與朋友、家人保持聯繫）有哪些危險？（網絡欺凌、負面社交媒體影響）

6. 影片提到一些關於多任務處理的研究效果不佳。你同意還是反對？

社交媒體和視頻遊戲:
7. 電影提到電子遊戲中的暴力。你覺得電子遊戲暴力是個問題嗎？社會上？在你家嗎？當今有哪些不包含暴力的流行遊戲？

8. 社交媒體對您和您的孩子有什麼影響？你會說這種影響是消極的還是積極的？您可以採取哪些措施來最大程度地減少社交媒體的負面影響？

9. 你認為屏幕時間是你家庭中最受歡迎的娛樂方式嗎？您和您的孩子還喜歡哪些其他非屏幕活動？您如何採取積極措施確保將其中一些活動納入您家人的日程安排？

精神健康:
10. 你認為抑鬱和焦慮等心理健康問題與屏幕時間習慣之間有聯繫嗎？您認為父母可以如何幫助這些孩子解決問題的根源？

應用:
11. 看完這部電影后，您覺得作為一家人應該做出什麼承諾嗎？期望餐桌上沒有電話是否合理？時間限制如何？

12. 您認為在您的家庭中就電子技術進行持續的冷靜討論很重要嗎？您如何改善家庭圍繞電子技術的溝通？