

# Look in the Mirror Kid's Survey

## Ideas for Questions to Ask



The purpose of this survey? To get a good look at your technology habits, through the eyes of your child.

Parental tech habits can be among the biggest predictors of a child's future habits with screens.

Help them feel safe to be honest! Reassure them that you really want to know these things because you want to be better.

This new-found awareness will be the beginning of great things!

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- 1 What are your favorite memories with this parent? What do you most like about them?
  - 2 How does your parent's phone use make you feel?
  - 3 If you were the parent, how would you handle technology in a way that would be best for the whole family?
  - 4 If you were to change one thing about your parent's tech use, what would it be?

★ Note: These questions are a sampling of the full Look in the Mirror Kid's Survey included with the Internal Filter® Workshop, as presented by Family Tech University.