SOCIAL MEDIA ASSESSMENT

Questions to pre-adolescent/adolescent:
Do you use social media?

What age were you when you started your first social media account?

What social media accounts do you access/utilize regularly? *Inquire about how many accounts adolescents have, ie: some have two Instagram accounts, one real and one ‘finsta’.*

Do you use social media every day, most days, some days, or rarely?

On a typical day, how much time do you spend on your phone texting or on social media sites?

Do you ever feel as if you use your phone and/or social media too much or it is difficult for you to put your phone down?

Do you feel as if viewing social media impacts your self-confidence or self-esteem negatively, positively, or has no effect? *Consider the way you feel while viewing others posts online, after posting yourself online, and after interactions with others online.*

Has social media caused a significant conflict in any of your relationships, either with friends or with family?

Have you engaged in sexting or have you ever sent/been the recipient of sexually explicit photos?

Have you ever experienced cyberbullying? If so in what regards? As the victim or the aggressor?

Have you used any dating apps or websites?

● *If so, which ones?*
● *Have you found any success in doing so?*
● *Have you had any maladaptive experiences with online dating?*

Have you ever developed a relationship (friendship, romantic, or sexual) online with a person you had never met in person?

● *Elaborate on the nature of and the qualities of this friendship you developed.*
● *Did you end up ever meeting this individual in person or did it remain a solely online friendship?*

Questions to parent/guardian:
Do you/how often do you monitor your child’s social media accounts?
Have you set any limits/restrictions on what your child can/cannot access online or how often they may use their devices?
Have you ever found anything on your child’s phone or via social media that was alarming/bothersome to you?

References

Biri, K. (2018). *Disclosing the self to others online: The experiences of socially anxious college-aged females.* Unpublished manuscript.