**Social Media Assessment**

1. **Accounts Used:**
   - Facebook
   - Instagram
   - Snapchat
   - Twitter
   - TikTok
   - YouTube
   - Spotify
   - Pinterest

2. **For what purpose do you use these platforms?**

**Time Spent**

- 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 is it difficult for you to put your phone down?

**Using social media impacts your self-confidence or self-esteem...**

- POSITIVELY
- NEGATIVELY
- HAS NO EFFECT

**Questions for Parents:**

- 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?

**What age were you when you started using social media?**

- < OR > 13

**Cautionary Use of Social Media**

- 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 and/or been the recipient of sexually explicit photos?

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

**Dating Apps/Websites**

- Have you used any dating sites? If so, which ones? Have you found any success in doing so? Have you had any maladaptive experiences with online dating?

**Online Relationship Formation**

- FRIENDSHIP
- ROMANTIC
- SEXUAL

- Have you ever developed a relationship online with a person you had never met in person? Elaborate on the nature of and the qualities of the relationship you developed. Did you ever meet this person in person?

- Consider the way you feel while viewing others posts online, after posting yourself online, and after interactions with others online.