

# #ASKTHE AWKWARD

## ONLINE/OFFLINE: DIFFERENT WORLDS?

### WHAT YOU NEED TO KNOW:

- 1** Online life is real life. Digital technology and the internet play a role in most aspects of all our lives, including relationships. Think of 'online', as another space where young people spend time, rather than a different world.
- 2** Young people's happiness is often linked to being connected to others. Technology helps young people to maintain their existing friendships and relationships, as well as build new ones.
- 3** Young people want to have positive conversations about their life online. They want the adults in their lives to talk about the opportunities, not just the risks, and for parents and carers to share their own experiences. Use our introduction to Asking The Awkward to start the conversation with your child.

### CONVERSATION STARTERS

*Do you see online and offline as different worlds?*

*In what ways does being online make life better for you?*

*How does being online help you feel connected to others?*

*"this internet world just seems to grab them into a different world"*



### WANT MORE INFO?

#### Social Media benefits for young people

[www.internetmatters.org/resources/social-media-advice-hub/social-media-benefits/](http://www.internetmatters.org/resources/social-media-advice-hub/social-media-benefits/)

#### Supporting your child with their Digital Wellbeing

[www.childnet.com/parents-and-carers/hot-topics/digital-wellbeing](http://www.childnet.com/parents-and-carers/hot-topics/digital-wellbeing)

#### A parent and carers introduction to Asking The Awkward

[www.thinkuknow.co.uk/parents/ask-the-awkward](http://www.thinkuknow.co.uk/parents/ask-the-awkward)

