

FAMILY FEED CHECK



What is shaping your child's screen experience?

Do not just ask how long your child is online. Ask what keeps showing up, what it is teaching, and what it may be crowding out

01

WHAT KEEPS APPEARING

- What topics or themes show up over and over?
- Is the content becoming more mature, extreme, or emotionally intense?
- Does the feed seem to reward shock, appearance, outrage, or comparison?

02

WHAT IS THIS TEACHING?

- What does this feed make look normal or harmless?
- Is it shaping how your child sees identity, relationships, or worth?
- Is it forming wisdom, or just training reaction?

03

WHAT IS YOUR CHILD BEING EXPOSED TO WITHOUT LOOKING FOR IT?

- Are inappropriate videos or accounts showing up unexpectedly?
- Are strangers appearing through suggested follows, comments, or DMs?
- Is the feed surfacing harmful trends, jokes, or challenges?

04

HOW DOES YOUR CHILD SEEM AFTER SCROLLING?

- Do they seem more irritable, anxious, or withdrawn?
- Do they have trouble stopping once they start?
- Are you noticing new attitudes, language, or behaviors shaped by the feed?

05

WHAT IS THE FEED CROWDING OUT?

- Is it cutting into sleep or rest?
- Is it replacing family time or real-life connection?
- Is it affecting attention, patience, or interest in offline life?

06

IS THE FEED BECOMING MORE PRIVATE?

- Are they becoming secretive, defensive, or quick to hide screens?
- Are they using side accounts or hidden accounts?
- Are they moving from public content into private messages or niche communities?

07

WHAT CONVERSATIONS NEED TO HAPPEN?

- “What kind of content keeps showing up for you lately?”
- “Have you seen anything that felt too old, too much, or just off?”
- “Do you think your feed changes what feels normal?”

TOP 3 RED FLAGS

- Repeated exposure to sexualized, self-harm, violent, or degrading content
- Strong emotional reactions tied to screen time
- Defensiveness or secrecy when asked simple questions

TOP 3 FAMILY ACTION STEPS

- Review the feed itself, not just total screen time
- Keep devices out of bedrooms at night
- Build regular screen-free time and repeat the check often

BOTTOM-LINE QUESTION

- Is this feed forming wisdom, or just feeding impulse?

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