



# CHILDHOOD 2.0

---

A Discussion Guide  
for After the Film

---

# Discussion Questions

After you've watched the documentary, you'll likely have a lot of thoughts and feelings. Here are some suggested questions to get a conversation started, with options for both you and your kids to answer.

For parents to answer

**1. What did you think your parents wouldn't understand when you were a teenager?**

*Example: When I was 13 in 1993, I would listen to TLC's Crazy Sexy Cool on my Walkman because I was afraid of what my parents would think if they heard the lyrics.*

**2. Talk about a time you did something risky that your parents never found out about.**

*Example: I spent a lot of time talking in AOL chat rooms to people who were way older than me. My parents had absolutely no idea what I was doing typing late into the night on the computer in my bedroom — they thought I was just playing games.*

**3. What's something that makes you feel like you're turning into your parents?**

*Example: When I was a teen, I would spend hours on the telephone chatting with friends. My parents would get annoyed and say, "You saw them all day at school! What do you still have to talk about?" Now I find myself doing the same thing with my own kids — just with texting.*

**4. Kids aren't the only ones obsessed with being online all the time. What are your worst digital habits? Be brutally honest.**

*Example: I am on my phone 100% of the time. For work, I'm always checking email and Slack. When I'm not on my phone, my Apple Watch is constantly pinging me. I'm in a lot of Facebook groups, too — some for parenting tips, some for cat memes. At night, my partner and I watch Netflix until it's time for bed. But then I can't turn the lights out without watching every Instagram Story — no matter how late it is.*

## For parents to ask your kids

### **5. What's one thing you wish I knew about your life as a kid growing up in the age of social media and smartphones?**

*Example: I wish you understood the pressure I felt to send nudes. Everyone is doing it and if I don't, I'll get dumped for the next person who will. I know your generation never did anything like this, but today it's pretty much expected.*

### **6. What does privacy mean to you in a time when everything is public? How much do you think kids should have and how does that change depending on who's looking?**

*Example: Privacy means having the space to be myself without feeling like I need to filter everything I do — I want my online life to be mine. So I want a lot of privacy. But I also know there are plenty of times when, if I'm not filtering for one group, I'm filtering for another. I might not post something I wouldn't want you to see, but I might also post something I want my friends to see that I don't actually care about. It's really hard to find balance.*

### **7. I'm sure you've seen me on my phone a lot throughout your life. What have you learned from my technology usage?**

*Example: You're always on your phone, so it's totally not fair that I can't be on mine as much. I see how important it is for you, and it's just as important to me.*

### **8. Childhood 2.0 discussed some serious mental health issues. How are you feeling these days? What can I help you with right now?**

*Example: I'm starting to feel like I'm never going back to school — and I know I'm not the only one. All of my friends are really bummed right now. The situation seems pretty much hopeless and I'm feeling like what's supposed to be some of the best times of my life are just lost forever.*

---

Visit [www.childhood2movie.com](http://www.childhood2movie.com)  
for more resources and information.

---