

# Kristin Cavallari

<https://silosolo.com/293327>

## Summary

In this episode, Alex Cooper revisits a favorite episode featuring Kristin Cavallari. Cavallari discusses her decision to keep her children off social media, explaining that she wants to give them the opportunity to decide when they're old enough. She believes that posting children on social media without their consent is unfair. Cavallari also talks about her journey in television and reality TV, including her aspirations to be in broadcast journalism and how she ended up on MTV's Laguna Beach. She shares the different reactions of her parents when she asked to be on the show. Cavallari opens up about the impact of being on the show in high school and how it affected her life. She also discusses her difficult relationship with her father, attributing it to his absence and the distance between them during her childhood and teenage years.

## Silo sample questions

- Why does Kristin Cavallari choose to keep her children off social media?
- What was Kristin Cavallari's aspiration before joining MTV's Laguna Beach?
- What was the impact of being on Laguna Beach in high school?
- What caused the strain in Kristin Cavallari's relationship with her father?

## Topics

Keeping children off social media

Kristin Cavallari's television journey

Impact of reality TV on high school

Difficult relationship with father

## Key Takeaways

- Alex Cooper revisits a favorite episode featuring Kristin Cavallari
- Kristin Cavallari shares her decision to keep her children off social media
- She explains that she wants to give them the opportunity to decide when they're old enough
- Cavallari believes that posting children on social media without their consent is unfair
- Kristin Cavallari talks about her journey in television and reality TV

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