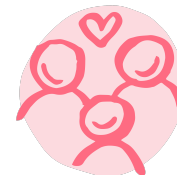




GRADES 6–8 FAMILY CONVERSATIONS

## RELATIONSHIP SKILLS IN DIGITAL LIFE



### Talk About How Your Child Can Resist the Pressure to Always Be Connected

Your child is learning to reflect on the positive and negative effects social media use has on their friendships. Use these questions to talk with them about how to use social media to build and maintain healthy relationships and resist the pressure to always be connected.

Ask these three questions:

1. *I hear you were talking in class about how social media makes you feel. What's your experience? Is it more positive? Negative? A mix of both?*
2. *How has social media affected your friendships?*
3. *What are some things you can do to help you have a positive experience when using social media and to resist the pressure to always be connected?*
  - Listen for (or suggest if needed):
    - *Change my notifications so I'm not tempted or pressured to always be on.*
    - *Consider sharing and posting to a small group of friends instead.*
    - *Be clear with friends about when I might need more space or don't have time to talk.*
    - *Work with friends to decide on the best way to connect with each other.*

Learn more about how to communicate online at [commonsense.org/online-relationships-tips-for-families!](https://commonsense.org/online-relationships-tips-for-families)

Family handout for grade 7 lesson *My Social Media Life*, or 6–8 classroom activity *Friendships & Social Media*



RELATIONSHIPS &amp; COMMUNICATION

We know the power  
of words & actions.