

Tweens, Teens, and Their Always-On Digital Lives

Who Are You on Social Media?

Social media can be complicated for all of us! Here are some big-picture best practices the Common Sense team suggests we can use when talking to kids about social media.

Tip 1: Lead with empathy: Show you understand, validate, and don't diminish.

Tip 2: Combat comparison: Remind your kid that social media feeds are full of illusion and don't reflect a person's real life or inner experience.

Tip 3: Break it down: Get specific about how people curate and choose what to post. Use specific posts from you, your kid, or a celebrity as examples.

Tip 4: Encourage connection over curation: Remind teens to focus on fun and friendship—on- and off-screen—instead of image and validation.

Notes



DIGITAL FOOTPRINT & IDENTITY
We define who we are.

Take some time to think about how one or more of these tips might work with your kid, and how—and when—you might use them. Write your thoughts below.

1. Has your kid dealt with any of the thoughts or concerns of the teens in the video? If yes, which ones?

2. What strategy (or strategies) do you think might be most helpful for your kid?

3. Under what circumstances could you use a strategy? Is there a time of day when your kid is most open to talking? Is there a real-life example of someone (a friend, celebrity, you) who's either a negative or positive example that can open the conversation?

4. What obstacles do you think you might run into, and how can you get past them?



DIGITAL FOOTPRINT & IDENTITY

We define who we are.





DIGITAL FOOTPRINT & IDENTITY

We define who we are.

