

# Tweens, Teens, and Their Always-On Digital Lives 📱

## Friendships and Boundaries

Setting boundaries around online communication can be tricky! Here are some big-picture best practices the Common Sense team suggests we can use when talking to kids about how to enjoy the benefits of texting and messaging without feeling overwhelmed.

**Tip 1:** Acknowledge the awkwardness: Let your kid know you understand that setting boundaries can be tricky.

**Tip 2:** Encourage an in-person conversation: Prevent misunderstandings and help them plan ahead.

**Tip 3:** Help them say no to notifications: Set some rules and use the phone's settings to limit constant interruptions.

**Tip 4:** Take the heat: Offer to let your kid use you as an excuse when it's especially hard to set limits for themselves.

### Notes

---

---

---

---

---

---



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. Which strategy (or strategies) do you think might be most helpful with 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, a 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?

---

---

---

---

