

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

Dealing with Digital Drama

Preventing and navigating digital drama 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 avoid digital drama.

Tip 1: Defuse and de-escalate: Tell kids to take a break—and a breath—before responding to drama.

Tip 2: Try the "to-their-face" test: Have kids imagine they're talking to someone in person, not just from behind a screen.

Tip 3: Encourage in-person conversation: Even though it's hard, it will resolve drama more effectively than online messages.

Tip 4: Help them take control: Use settings and in-app tools to lessen drama with strangers.

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. What 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?

