

Tweens, Teens, and Their Always-On Digital Lives

Dealing with Digital Drama

Family Engagement Workshop Facilitator's Guide

Thank you for your commitment to helping families navigate the ups and downs of raising kids in the digital age! This workshop is an engaging way to give parents and caregivers in your school community a chance to talk about issues related to kids' media use.

Here are a few details about Common Sense Media's Family Engagement Workshops:

- Best for events with 50 or fewer participants, though they can be adapted for larger groups.
- Take about 60 minutes (depending on the level of participation), or you can modify them to fit within a 20- to 30-minute session if needed (instructions below).
- Participants are asked to reflect on their own experiences and talk to each other in pairs.
- Facilitators do not need to be experts on the workshop topics.

Workshop Prep

- Review the slides and talking points to get familiar with the topic.
- Modify the slides and handout for a shorter presentation as needed.
 - For a 20- to 30-minute workshop, delete slides 3, 5, and 11, and shorten the handout by deleting questions 1 and 4.
- Advertise your event and get parents and caregivers excited to learn more!
- Print out one copy of the Facilitator's Guide and enough copies of the Participant Handout for all attendees.
- Review the take-home resources, and print copies of the resources you want to give participants after the workshop.
- Test your technology. Make sure the slides and the video within the slides work at the workshop location. All videos have closed-captioning in Spanish, so test out turning that on if needed.



CYBERBULLYING & ONLINE HARMS

**WE ARE KIND
AND COURAGEOUS.**

commonsense.org/education

Shareable with attribution for noncommercial use. Remixing is permitted.



Workshop Goals

This workshop will help parents and caregivers ... :

- Encourage kids to take a break—and a breath—before responding to online drama.
- Help kids avoid making drama worse by practicing what they would say to someone's face—not just from behind a keyboard.
- Assist kids in making a plan to have an in-person conversation, even though it's hard.
- Use settings and in-app tools to try to stop online drama in its tracks.

Important Links

Slides: <https://comsen.se/digital-drama-slides>


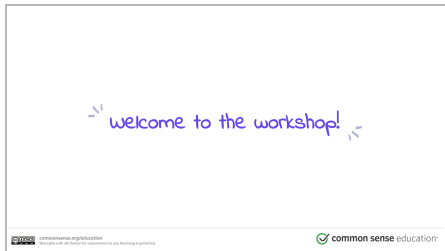
Video: <https://www.common sense.org/education/videos/teen-voices-dealing-with-digital-drama>

Participant handout: <https://comsen.se/digital-drama-handout>

Take-home resources: <https://comsen.se/digital-drama-resources>

Slides, Talking Points, and Facilitation Notes

Follow along with the slides and read the talking points. Facilitation notes are in italics.

	Talking Points and Facilitation Notes
<p>Slide 1</p> 	<p>This workshop is brought to you by Common Sense Media, which is part of Common Sense, an independent nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.</p>
<p>Slide 2</p> 	<p>These days, parents of teens aren't only coping with the age-old struggle of raising a sometimes sullen and striving-to-separate human; we're also managing their media and tech. As you know, it's not easy, so we're glad you're here!</p> <p>This workshop is designed to help you understand the key media and tech issues teens are dealing with, give you some tools, and allow you to brainstorm around how you can help your kid—since you know them best—in the context of your family's rules.</p>



CYBERBULLYING & ONLINE HARMS

**WE ARE KIND
AND COURAGEOUS.**

commonsense.org/education

Shareable with attribution for noncommercial use. Remixing is permitted.



Slide 3

Family Inventory

- Does your kid sometimes seem upset after reading texts or social media messages? What causes the drama? Do you experience drama online?
- What do you do if they come to you for support?
- What's the biggest challenge when it comes to digital drama?

commonsense.org/education
Resources and activities for noncommercial use. Remixing is permitted.

common sense education

Think about how digital drama affects your family. Then, turn to a partner and talk about your answers to these questions:

- Does your kid sometimes seem upset after reading texts or social media messages? What causes the drama? Do you experience drama online?
- What do you do if they come to you for support?
- What's the biggest challenge when it comes to digital drama?

Slide 4

 To watch this video on the Common Sense Education site, click [here](#).



"Dealing with Digital Drama"
Teen Voices video

commonsense.org/education
Resources and activities for noncommercial use. Remixing is permitted.

common sense education

Let's hear from teens about their experiences. As you watch, it might be helpful to jot down something from the video you can relate to.

Show video.

Slide 5

what did you hear?

commonsense.org/education
Resources and activities for noncommercial use. Remixing is permitted.

common sense education

What are some of the key topics in the video, and what can you relate to?

Allow volunteers to share their responses with the group.

Preventing and navigating digital drama can be tricky! Let's talk about some big-picture best practices recommended by Common Sense Media we can use when we talk to our kids about how to avoid digital drama.

Slide 6

Tip No. 1

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

commonsense.org/education
Resources and activities for noncommercial use. Remixing is permitted.

common sense education

Adolescence is a dramatic time: Bodies are changing, friendships are shifting, and identities are forming. This has always been true, but technology amplifies it all.

First, remember that telling your tween or teen to "just ignore" digital drama will probably just cause more conflict—between you and your kid. Instead, try to relate, remind them that their first instincts—to share screenshots or respond—might make things worse, and tell them that taking a break (and a breath) might help give them some perspective.



Slide 7

Tip No. 2

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

commonsense.org/education
© 2018 Common Sense Education. All rights reserved. | commonsense.org/education

A lot of online drama is caused by *disinhibition*—the extra cruelty that comes with the anonymity of being behind a keyboard.

So, after they've taken a moment to stop and think, if they still want to respond, ask them to pretend you're the other person and tell you what they're about to type. Pretending that they're saying it to someone's face might make them revise their approach.

Slide 8

Tip No. 3

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

commonsense.org/education
© 2018 Common Sense Education. All rights reserved. | commonsense.org/education

Online conversations don't give us body language, tone of voice, or eye contact, which can be really important when big feelings are involved.

Most kids will resist in-person conversation, but they also know it's probably a better way to resolve a problem. Of course, this only works when the drama stems from someone they know in real life, but that makes it all the more important to try to resolve things in person. Help your kid make a plan to talk to the other person.

Slide 9

Tip No. 4

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


commonsense.org/education
© 2018 Common Sense Education. All rights reserved. | commonsense.org/education

Sometimes online drama comes from people we don't even know. In those cases, it can be even more tempting to participate in the drama because we probably won't ever see the person. But that's not the best approach.

Instead, help kids go through the settings of the app where the drama is happening. If you allow them to have a public account, for instance, you can change the account status (or just certain posts) to private, filter comments, and block/report users. While there will always be a person posting things that are hurtful or infuriating, they only have as much power as we give them. Your kid's real relationships and the opinions of the people who love them are what matters.



Slide 10

 How can I apply these at home?

Take some time to think about how one or more of these strategies might work with your kid and how—and when—you might use them. Use the space under each question on the handout provided to write down your thoughts.

commonsense.org/education
Workbooks are available for noncommercial use. Remixing is permitted.

common sense education

Now, write down your answers to the questions on the handout. Think about how one or more strategies might work with your kid and how—and when—you might use them.

Give participants enough time to think through each of the questions (five to 10 minutes).

Slide 11

 Find a partner; talk it through!


commonsense.org/education
Workbooks are available for noncommercial use. Remixing is permitted.

common sense education

Find a partner, and take turns talking through what you'll try, which obstacles you might encounter, and how you'll work through those challenges. Add to your notes!

Allow time for meaningful conversation (approx. 10 minutes). Walk around the room to get a sense of how much time participants will need, and extend as time allows. Give participants a time warning to wrap up their conversations.

Slide 12

 Share with the group:

Which strategy will you take home and try?

commonsense.org/education
Workbooks are available for noncommercial use. Remixing is permitted.

common sense education

Take a few minutes to share with the larger group. What technique will you apply to your parenting? What strategy will you try with your kid?

Slide 13

 Thank you!

commonsense.org/education
Workbooks are available for noncommercial use. Remixing is permitted.

common sense education

Thanks so much for attending this workshop. We hope it was helpful!

Remember that you're all part of a community and can support each other through these tricky teen years!

Distribute take-home resources.

