

How Can I Help My Kid Avoid Digital Drama?

Unlike cyberbullying, which involves repeated harassment of someone, digital drama is the everyday tiffs that occur among friends on social media or via texts. A guy may change his relationship status to "single" after a fight with his girlfriend. A teen may post a comment about someone else knowing that people will see it, friends may chime in. Kids usually engage in online drama with an audience in mind. Here's how you can help your kid avoid digital drama:

HELP SET BOUNDARIES

These days relationships often are played out both online and offline. Kids need their family's guidance in establishing appropriate boundaries for healthy relationships.

GIVE IT A TIME OUT

Teens are connected to their friends 24-7. Encourage them to take a break. Have some device-free time to give kids a chance to cool off.

LET THEM KNOW YOU'RE ALWAYS THERE FOR THEM

Remind your kids often that you're always available to talk. While you're at it, remind them about the school counselor, a favorite teacher, a coach, or even a friend's parent. Knowing that they have a trusted adult to talk to may encourage teens to open up more.

USE MEDIA TO TALK ABOUT DRAMA

Reality TV shows often present extreme behavior as entertainment. Discuss why these shows are less likely to depict positive conflict resolution and often encourage negative stereotypes.

