



## GCAPP PARENT TOOLKIT:

# Helping Your Child Navigate Digital Drama

## What is Digital Drama?

Digital drama is conflict that happens online through texts, social media, or group chats. It's not always bullying, but it can still cause stress, misunderstandings, and hurt feelings.

## Why It Matters

- Posts and screenshots last—drama can spread quickly.
- Online comments can feel harsher than face-to-face words.
- Ongoing drama can affect your child's confidence and mental health.
- Kids need help learning to be digital problem solvers instead of drama starters.

## How Parents Can Help

### ► Talk About It

Ask about your child's online life. Make it safe to share.

### ► Understand Their World

Learn the apps, slang, and platforms they use.

### ► Teach Pause Skills

Encourage kids to stop and think before posting or replying.

### ► Model Healthy Online Behavior

Show them how you handle conflict respectfully.

### ► Encourage Positive Friendships

Support relationships that stay drama-free.

### ► Set Ground Rules Together

Agree on boundaries: no hurtful posts, no forwarding private messages, take breaks when emotions are high.

### ► Step In if Needed

If drama turns into bullying, threats, or serious stress, intervene and get support.

## Conversation Starters

1. "What's the hardest part about group chats for you?"

2. "How do you feel when drama starts online?"

3. "What helps you calm down before responding?"

4. "Do you want me to listen, give advice, or help you reply?"

## KEY TAKEAWAY

**Digital drama** is part of growing up in today's world. With open conversations, clear boundaries, and support from you, kids can learn to handle **online conflict** in **safe** and **healthy ways**.

## SOURCE:

- <https://www.ascd.org/el/articles/helping-students-navigate-digital-drama>



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