FAMILY GUIDE -> Tips for Teens to teen content creation

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Content creation is a great way to express your creativity, share your thoughts, and make connections. Use these tips to keep things safe, positive, and fun throughout the entire process!

BE POSITIVE, NOT PERFECT



Your content will have an impact on yourself and anyone who sees it—make it a positive one. Think about how your videos and comments will make you and your viewers feel.



It's about connecting with people, not comparing yourself to them. Don't stress about being perfect or getting views and likes. Be authentic, and just do you.

BEWARE OF THE OVERSHARE



Some things are less safe to share than others. Ask yourself these questions to help protect yourself and others from risk.

ASK YOURSELF... Could anything I say, show, or wear be used to identify me IRL? Should this be shared with everyone or just people 1 know? Did I get the OK of from everyone I show or mention? Would I be comfortable with everyone (even Grandma or total strangers) seeing this?

THINK CRITICALLY



Trends and challenges are a fun way to show off your skills and feel connected. But, some can be risky even if it's not always obvious. Before participating, take these three steps:

PAUSE > ASSESS RISK > MAKE THE CALL

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TAKE CONTROL OF YOUR COMMENTS



Feedback and even criticism are natural parts of content creation. Make a plan for how you will (or won't) respond. @Ditch_the_Drama Report and block any instances of cyberbullying. @It's_your_Choice You can decide to engage with comments, or not. @Ignore_the_Trolls @picture_the_person You can choose to Follow the golden rule: ignore, delete, filter out Treat others the way or disable comments. You want to be treated.

TRUST YOUR GUT 4



You're in control of your choices. Check in with yourself throughout the process.

- Happy or excited? You're likely on the right track!
- 🔐 Nervous or uneasy? Take a moment to pause and reflect.
- 😕 Down or frustrated? Could be a cue to stop or get support.

TAKE CARE OF YOURSELF



As you create, make sure to put your well-being first...

FIND AN ALLY

Lean on friends, family, or other trusted adults.

STRIKE A BALANCE

Make time for other priorities & activities you love.

REFLECT & REGROUP

What was the best part? What will you change next time?

...and of course, remember to HAVE FUN