



GRADES 6–8 FAMILY CONVERSATIONS

SELF-AWARENESS IN DIGITAL LIFE



Talk About How Your Child Can Avoid the Negative Effects of Oversharing

Your child is learning how social media can affect how they feel and behave online.

Use these questions to talk with them about how the pressure to share on social media can affect them.

Ask these three questions:

1. *I hear you were talking about **oversharing** on social media in class. Have you seen people share personal feelings or other things on social media that they probably regretted later? How did it make you feel to see that?*
 - If your child is reluctant to talk, share your own example of someone—maybe even yourself—who has overshared. Talk about how that experience made you feel.
2. *Why do you think people overshare?*
 - Listen for (or suggest if needed):
 - *Didn't think about who could see the post.*
 - *Pressure to make your life seem cool/exciting.*
 - *To get attention.*
 - *To express yourself and share emotions.*
3. *How do you think people can avoid the negative effects of oversharing?*
 - Listen for (or suggest if needed):
 - *Think about when and why you're posting something before you share it.*
 - *Talk to your friends (and family!) about your boundaries for tagging or posting about each other.*
 - *Use your device settings to limit how much time you spend on social media.*

Learn more about how to define your digital footprint at commonsense.org/digital-footprint-tips-for-families!

Family handout for grade 8 lesson [Social Media and Digital Footprints: Our Responsibilities](#), or 6–8 classroom activity [Oversharing and Your Digital Footprint](#)



DIGITAL FOOTPRINT & IDENTITY

We define who we are.

