

# FAMILY GUIDE

to teen content creation

→ Tips for Teens

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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.



## 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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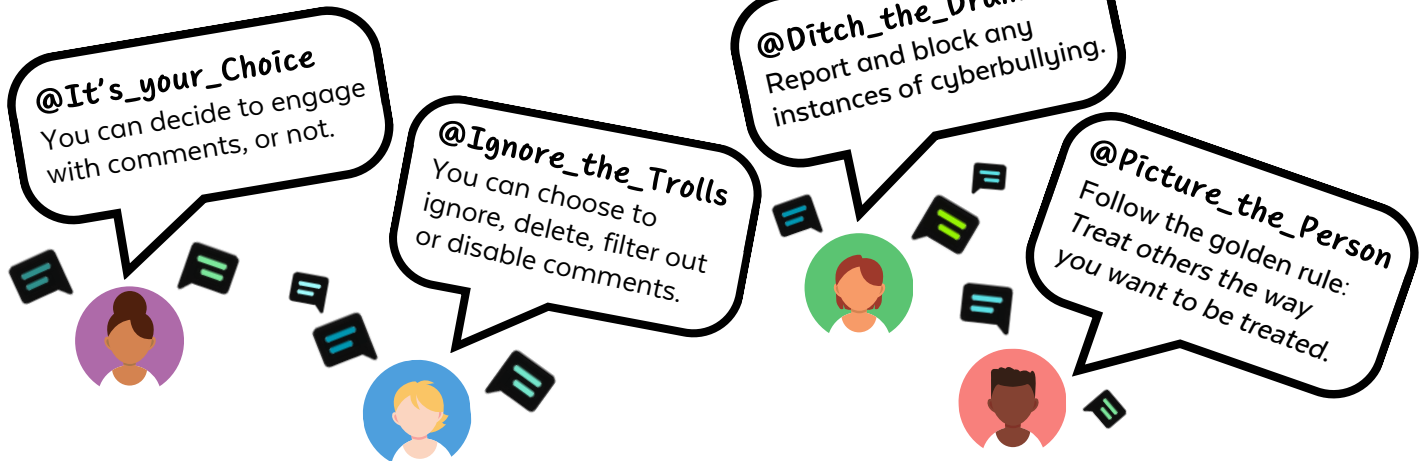
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## TAKE CONTROL OF YOUR COMMENTS

Feedback and even criticism are natural parts of content creation. Make a plan for how you will (or won't) respond.



## TRUST YOUR GUT

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**  