# 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 o videos and comments will make you and your viewers feel.

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

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**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.

ACKING
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 1 get the OK trom everyone 1 show or mention?
Would I be comfortable with everyone (even Grandma or total strangers) seeing this?

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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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## Tips for Teens

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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.

	(It's_your_Choice You can decide to engage with comments, or not. (It's_your_Choice You can decide to engage You can choose to ignore, delete, filter out or disable comments.	<pre>@Ditch_the_Drama @Ditch_the_Drama Report and block any instances of cyberbullying. instances of cyberbullying. </pre>
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# 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 $\heartsuit$

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?

