

5 Tips to Help Your Teen Navigate Their Online Experiences

Here is some insight on the support teens really value from trusted adults as they navigate their online experience—that teens shared with TikTok....

"Help me understand the rules"

Teens don't expect trusted adults to be experts on every platform, but they value support to set up their accounts. This includes helping to check and understand privacy and safety settings. They also told us parents shouldn't be afraid to set boundaries; teens expect and even welcome them.

"Be available to chat"

Teens want trusted adults to be interested in their digital life and to recognize how important the online world is to them. Be available to chat, and don't be afraid to initiate a conversation.

"Don't panic when things go wrong"

Your teen has come to you for help—fantastic! They may be feeling vulnerable, scared, embarrassed, or upset, so let them know how pleased you are they've come to you, listen without recriminations, ask questions and focus on solutions.

"Trust me"

Teens get that trust must be earned and expect adult oversight, but they feel greater autonomy is appropriate as they get older. Every family is different and the pace at which a teen moves toward the independent use of technology will vary, but if your teen knows how to navigate platforms safely and they come to you when things go wrong, that's a great foundation for trust.

"Respect my privacy"

Striking a balance between a teenager's expectation of privacy and ensuring they are safe is one of the trickiest aspects of parenting—both on and offline. It can be tough when a teen tells you they'd rather you didn't follow them on a platform. It's natural to worry they're up to mischief when it's more likely they just want some space to hang out with friends