



Navigating Life Online - A Guide for Teens and Families

A practical guide for teens with support for families

Being online is part of everyday life for teens. Social media, messages, videos, and notifications are always there, and they can shape how you feel, think, and react, often without you realizing it.

This guide helps teens make sense of online life and build skills they can use, without turning everything into rules or restrictions.

Key Takeaway

The goal is to help teens feel more confident navigating online life.

Teens deal with real online pressures: social comparison, constant notifications, upsetting content, and the feeling that they always need to be “on.” The goal of this guide isn’t to remove technology, but to help teens understand what’s happening and feel more in control of how they respond.

Why This Matters

What teens see online can affect mood, confidence, and decision-making, even when it doesn’t feel obvious in the moment.

This guide helps teens notice stress, pause before reacting, set boundaries with screens and apps, and trust their instincts when something feels off.

Skills Teens Practice

- Noticing stress and emotional triggers
- Pausing before reacting
- Setting personal boundaries with screens and apps
- Trusting their instincts when something feels off

Quick Tip for Teens

If something online makes you feel tense, anxious, or upset, it’s worth paying attention to.

Caregivers can support teens by staying involved, listening without judgment, and making space for honest check-ins.

Digital resilience is about helping teens feel grounded, confident, and supported, both online and in real life.