15 Tips for Parents of Teens

Inspiring Youth to End Social Isolation

Beyond Differences has been innovating programs for children, parents and teachers on how to create connections, acceptance and inclusion for over 10 years. We know what to do. Even now. And with schools being closed, it is more important than ever that we adults model for our children how to create connections by practicing these strategies ourselves and encouraging them to do the same!

1. Text a friend or relative and ask how they're doing
2. Like and comment on a friend's post, leave kind messages, acknowledge them, let them know they are seen and appreciated, especially someone who doesn't always get a lot of attention online.
3. Video chat with your friends and relatives.
4. Send a friendly snap or group text to your classmates and friends.
5. Reach out to an old friend you haven't spoken to in a while and just say "hi."
6. Use the No One Eats Alone® Conversation Cards to create a fun group chat activity or post online and invite others to join in using the hashtag #IsolatedNotAlone.
7. Set up a webinar or FaceTime or Zoom and host a virtual party or study group.
8. It's your time to shine! Share your talents. Create a video or go live on social media and teach a new skill.
9. Create a virtual book club using a chat group or schedule a webinar.
10. Set up a phone or text tree and have each person check on three people every day.
11. Play online games with others. Encourage students to invite a new friend to play the game, maybe someone from school who they haven't yet had the chance to get to know very well.
12. Come together on Zoom or FaceTime to play music together.
13. Post something positive on social media that might bring hope to others during this stressful time.
14. Post a photo on Instagram or through a group text. Invite your friends to write a story together. Select the type of story (fairy tale, historical, fiction). Write an introduction sentence to prompt creativity then tag a friend. Each person gets to add one line to the story and tag another friend. For students, the goal is to include everyone in your class.
15. Take the Pledge to Be Kind Online. Complete the statement: I pledge to #BeKindOnline by...and share on social media.