



## PARENT GUIDE

# Pause Before You Post

A companion for the grown-up — Tween Bridge, Lesson 4 of 4.

## WHAT THIS LESSON COVERED

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Your child learned a three-second pause habit and three questions to ask before posting or sending: Am I upset? Is this private — mine or someone else's? Would I be okay if it got shared widely? They also learned not to type what they wouldn't say to someone's face, and that they never have to join in when others are unkind.

## TALK ABOUT IT TOGETHER

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- 1 Share a time you sent something you wished you could take back — it makes the lesson real and human.
- 2 Run the three questions together on a pretend post or message.
- 3 Ask what they'd do if they saw someone being treated unkindly online.

## WHAT TO WATCH FOR

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- Posting or messaging in the heat of a strong emotion.
- Reluctance to talk about online conflict — keep your reaction calm so they keep coming to you.

### THE HABIT TO REINFORCE

The three-second pause — “Would I be okay if this got shared with everyone?” Notice it and praise it when you see it happen.