UNDER PRESSURE

Dialogue tools for parents

Guiding and prompting dialogue requires a different, specific approach from parents and teachers. These general tips come from the guide we wrote for teachers who will continue to be working with elements from the Under Pressure courses, when the peer educators have left the (digital) classroom. They can be of use for parents who wish to open up the conversation about their child's media usage and their experiences and/or frustrations online.

Tips and tricks to foster open dialogue

Tip 1: Have an open mind
- Do not reject the worldview and emotions of the young people participating in the programme. If you reject their beliefs and sentiments, they will feel unheard.
- Instead, cast participants as experts. Allow them to explain their side of the story and actively question their sources.
- Keep the conversation open by including as many diverse perspectives as possible.
- Provide a personal example when appropriate, when it brings in a new perspective or when it supports a minority opinion.

Tip 2: Explore discordant perspectives
- Encourage participants to question each other critically to increase participation and engagement.
- When different views collide, stress how important it is that we are allowed to have different perspectives and opinions.
- Broaden your pupils' or students' worldview by introducing them to perspectives that they might not be familiar with. Make use of case studies, sources, and/or vivid examples.

Tip 3: Be normative when necessary
- Defend the values of our democratic society firmly and resolutely when you find that pupils or students do not respect them. Draw a clear line and act. Next, do engage in conversation.
- Actively strive to foster a safe environment at all times. Intervene and offer support and assistance if you find that some participants are afraid to speak up or when participants are attacked for having a minority opinion. For example, you can share your own perspective to provide support and reset the conversation.