Welcome to the fourth explainer in the What to Expect When You’re Electing series. This week, we'll talk about how to keep political conversations constructive, even when we disagree.

1. You want to talk about what at the dinner table?!
   - Discussing politics doesn’t have to mean talking about complicated or controversial issues. A political conversation can best when it comes from someone on the same political team or side of an argument.
   - Some people really love political conversations. To learn more, visit samaracanada.com.

2. But there are a few different opinions out there and what should be a national conversation can be nasty!
   - Political conversations can be hard. Psychologists and scientists have many explanations for why that is.
   - We’re wired to get upset if someone makes us feel like our群体 or personal identity, and we feel threatened as soon as divisive topics come up.
   - Our political choices are based on very different moral values. For instance, research suggests that conservatives tend to emphasize values of loyalty and authority, while liberals value fairness or care.*

3. Okay, this seems possible in person. But what about online? Social media conversations online can be nasty!
   - Online, there are fewer cues to help us recognize when someone is upset or joking. We can feel threatened as soon as divisive topics come up. And make inflammatory posts to provoke strong emotions) can make us realize that we know less than we think ourselves, can make us feel threatened as soon as divisive topics come up.

4. Getting Into Discussions
   - Conversations on digital platforms like Facebook, Twitter, WhatsApp, YouTube, and Instagram aren’t like discussions in real life—what we already believe and reject information that doesn’t fit with the values of the person you’re speaking with.
   - People on your own side: Call out if you notice others holding up topics or personal identities. With differences in topic, reframe what you’re saying or how you’re saying it.

5. Reframe your language: Thinking about the moral foundations of your argument, reframe what you’re saying to get others thinking about an issue in a different way.
   - For more explainers, go to samaracanada.com/what-to-expect

For more tips on how to have constructive digital political conversations online, check out our Field Guide!

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