

04 • Parents, You First

[thp] As parents, we must set the example for how we want our children to live responsible digital lives. They will follow our lead.

OPENING:

What are our kids learning from us when it comes to living in a digital world? What habits are we teaching them with how we use our devices?

This can't be a "do as I say, not as I do" issue. It doesn't work like that.

If we're constantly on our devices, they will think it's normal. And they will constantly be on theirs too.

>> Distracted Kids

Kids are distracted during school. Always have, always will. But iPads & phones are making things even more complicated.

Article from Screenagers about not texting your kids during the day because it distracts them from school.

We've got to figure out ways to keep our kids more focused at school, especially if your child uses an iPad during school.

"I can't lock down my child's iPad during the day because they need to use it for school."

Here's some ideas...

- They can't access social media on school wifi.
- They can iMessage, but you can control that through Screen Time.
- Delete all games if they are using it during school. Remember... Screen Time now helps with seeing what they are doing.

>> Cyber Bullying

- 59% of teens have experienced some form of cyber bullying
- Getting called out in a group text
- Receiving images of other people that others didn't want shared

What do you do, or what have you done, if your child is experiencing cyber bullying?

1. Delete the account. It's not worth it.
2. Talk to school administrators.
3. Call the other child's parents.
4. Use this as a teaching moment to illustrate what Jesus meant when he said, "Love your enemies..."

Violence & Its Affects

Science and common sense don't always tell us the same things, so it's especially satisfying when they agree. In the case of children's exposure to violent media, the science clearly confirms what we already suspect: what children watch and play changes how they behave.

Kids who experience more violence in their virtual worlds—television, movies, and video games—are more likely to display aggressive thoughts, aggressive behavior, and angry feelings in the real world. See the American Academy of Pediatrics (AAP) policy statement, Virtual Violence.

[How Virtual Violence Impacts Children's Behavior: Steps for Parents - HealthyChildren.org](#)

DISCUSS – Where do we draw the line on violence in games & media?

Most psychologists recommend no violence in a child's media diet before age 6.

>> This includes movies, games, Youtube & watching the news.

I just want us all to recognize and admit that a child or teen regularly consuming violence through a screen has adverse affects on their behavior and mind.

>> Asking & Sending Inappropriate Pictures

[Teenagers Are Sexting – Now What? - The New York Times](#)

110,000 kids interviewed...

14.8 percent had sent sexts, 27.4 percent had received them, 12 percent had forwarded a sext without consent, and 8.4 percent had had it happen to them.

Dr. Megan Moreno, a pediatrician who is vice chair of digital health at the University of Wisconsin, Madison, said: "My main message would be for parents to step back for a minute from the alarmist nature of the word 'sexting' and think about developmentally appropriate foolish romantic things teenagers do." Parents might, for example, think about the risky things they did themselves when they were younger, and when they discuss it with their teenagers, "try to view sexting through that lens: here is something that might feel like a normal thing to do and a normal thing to ask, and other people are doing it, but it's a risky thing for you to do and if you find yourself in that situation we can talk about it."

It's worth talking about it. "Kids who report discussing sexting with their parents are less likely to sext and less likely to have a traumatic outcome if they do sext," Dr. Englander said. Studies have shown that one of the most effective messages from adults is to say, "Once you send a photo you can never control it again. That does seem to strike more of a chord with kids."

Talking with your child about sexting...

1. Start the conversation early. If your child has a device and regularly messages others, this is a conversation that needs to happen asap.
2. Discuss the risks of sexting. What will happen if someone shares the pic with others? What could happen legally if you're in possession of pictures?
3. Emphasize that it's not ok to ask or pressure someone or to be asked or pressured by someone to send explicit messages or pictures.
4. Regularly check in with your child to answer questions and be supportive.

Talk with your children about not signing into their account on someone else's phone.

DISCUSS – What do you do when you discover your child is not handling their device well?

- Be judicious in consequences.
- Lock it down. Remove whatever apps are not necessary for their education.
- Set a proper time frame for restriction.
- Reintroduce the device on a probationary basis. Constant monitoring.

>> Too Much Screen Time

But as recent **survey data** and **interviews** have suggested, many teens find much of that time to be unsatisfyingly spent. Constant usage shouldn't be mistaken for constant

enjoyment, as any citizen of the internet can attest. A new nationally representative survey about “screen time and device distractions” from the Pew Research Center indicates that it’s not just parents who think teenagers are worryingly inseparable from their phones—many teens themselves do, too. Fifty-four percent of the roughly 750 13-to-17-year-olds surveyed said they spend too much time absorbed in their phones, and 65 percent of parents said the same of their kids’ device usage more generally. ([Pew Study: Teens Aren’t Happy With Their Screen Time - The Atlantic](#))

The way parents interact with technology, then, shapes the way they interact with their kids. It also shapes the way that their kids interact with technology. Rideout thus thinks it’s up to parents to model good behavior: Kids tend to take note if, say, a parent puts their phone away at dinner or charges it in another room while they sleep. Witnessing habits like that can help them “realize that they can exercise some more control over their devices,” she says.

The data and research is in. Too much screen time will negatively affect your child.

The AAP 's new guidelines, released in October 2016, allow for some screen time for children younger than 2 and emphasize parental involvement for all kids. In a nutshell: Avoid use of screen media other than video-chatting for children younger than 18 months. If you choose to introduce media to children 18-24 months, find high-quality programming and co-view and co-play.

Limit screen use to 1 hour per day of high-quality programs for children age 2 to 5 years.

Create a family media plan with consistent rules and enforce them for older kids.

[How much screen time is OK for my kid\(s\)?](#)

10 Strategies To Limit Screen Time

10 Strategies to Limit Your Teen’s Screen Time

1. Make screen time a privilege.
 1. Use screen time to help children learn to control their impulses.
 2. Make sure they do homework and chores before turning on a screen.
2. Model healthy digital habits.
 1. Don’t tell your child to put up their phone as you’re scrolling through Facebook.
3. Discourage Multitasking.
4. Establish clear rules about electronics.
 1. Devices go off at a specific time each night.
 2. No TVs or Netflix allowed in the bedroom. Too hard to monitor.
 3. Do not use your phone during school.
 4. Parents are allowed all passwords.

5. No sharing personal details or locations online.
6. Don't share our private family information and issues on social media.
5. Encourage physical activity.
6. Educate your teen about media.
 1. Talk about how advertisers are trying to make their products attractive. Use commercials and situations in shows as teaching moments.
 2. This seems to be what Deuteronomy 6 has in mind to talk about God "as you are going".
7. No devices / screens during mealtime.
8. Create screen-free days.
 1. Take a digital fast as a family.
 2. No electronics during vacation. That can be really hard on the drive there, especially if you have little kids...
9. Schedule family activities that don't involve electronics.
 1. Hiking, fishing, play a board game, etc.
10. Hold family meetings to discuss screen time.
 1. Allow your child to give input on the screen time rules.
 2. Make it clear that the goal is to help everyone develop a healthy relationship with devices.

Parents, we have to work together on this. It can't just be one or two families trying to better raise our children in a digital world. If we all band together, our kids can't say, "I'm the only one who has screen time rules!"

What did we not cover that you want to talk about?

What's going right in your digital parenting?

Where can your family improve in digital parenting?

#bible_class/digital_parenting