

TECHNOLOGY & SOCIAL MEDIA SEMINAR

ROLES AS PARENTS

Deuteronomy 6:5-7 // *Love the Lord your God with all your heart, with all your soul, and with all your strength. ⁶ These words that I am giving you today are to be in your heart. ⁷ Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up.*

Ephesians 6:4 // *Fathers, don't stir up anger in your children, but bring them up in the training and instruction of the Lord.*

MOST POPULAR WEBSITES/APPS WITH OUR STUDENTS:

- 1- Instagram
- 2- Snapchat
- 3- YouTube
- 4- Facebook
- 5-
- 6-
- 7-
- 8-

Notes:

On a scale of 1-10, how effective are your parents at monitoring what you view on your devices?

Average - 6.5

- 1 - 8%
 - 2-3 - 6%
 - 4-5 - 21%
 - 6-7 - 19%
 - 8-9 - 31%
 - 9-10 - 15%
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On a scale of 1-10, how open are you with your parents about what you view on the internet?

Average - 7.1

- 1 - 3%
 - 2-3 - 5%
 - 4-5 - 16%
 - 6-7 - 27%
 - 8-9 - 34%
 - 10 - 15%
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Would your parents approve of everything you view on the internet?

Yes - 52% No - 48%

Would your parents approve of all text messages you've sent/received?

Yes - 55% No - 45%

FIGHTING TEMPTATION WITH THE GOSPEL

1 Corinthians 10:13 // *No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide a way out so that you may be able to bear it.*

Without Jesus sin cannot be defeated.

Getting on the same page.

Parent Tips:

- Spend time in prayer with your family.
- Read the Bible together.
- Use text messages to uplift and empower your student.

Student Tips:

- Take a break from technology to spend time with God.

Notes:

FIGHTING AGAINST ADDICTION

1 Corinthians 6:12 // *Everything is permissible for me," but not everything is beneficial. "Everything is permissible for me," but I will not be mastered by anything.*

The addictive nature of technology.

The importance of having a plan.

Parent Tips:

- Make sure technology doesn't rule your own life.
- Set guidelines for yourself and your family.
 - How much time should be allowed?
 - Does there need to be a "device curfew"?
 - Should the phone be allowed in the bedroom at bedtime?
- Ask you student about how they are using their time on their devices.
- Set up "technology-free" times for the family.

Student Tips:

- Periodically track how much time you are spending on your devices and evaluate if that's too much.
- Evaluate your notification settings.
- Submit to your parents, remember that having a phone is a privilege not a right.

Notes:

How many hours per day do you spend on the internet?

Average - 4.2

Do you ever use the internet in your bedroom?

Yes - 83% No - 17%

FIGHTING AGAINST INSECURITIES

Philippians 4:6-7 // *Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

The pressures of always being connected.

Developing healthy relationships.

Playing pretend.

Have you ever been bullied on the internet?

Yes - 19% No - 81%

**67% of the students who have been bullied were female, 33% were male.*

Parent Tips:

- Never stop communicating.
- Seek to encourage your student.

Student Tips:

- Be sure to develop and grow authentic relationships.
- Get as much face-to-face time as possible.

Notes:

FIGHTING AGAINST IMMORALITY

Philippians 4:8-9 // *Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. ⁹ Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.*

James 5:16 // *Therefore, confess your sins to one another and pray for one another, so that you may be healed. The prayer of a righteous person is very powerful in its effect.*

The devastating effects of pornography.

The reality of online relationships.

Have you ever viewed pornography?

Yes - 37% No - 63%

***64% of the students who have viewed pornography were male, 36% were female**

Have you ever hid a relationship from your parents?

Yes - 24% No - 76%

Parent Tips:

- Don't be afraid to seek help when needed.
- Check parental restrictions for websites, apps, music, etc. allowed.
 - Apple - support.apple.com/en-us/HT201304
 - Android - support.google.com/googleplay/answer/1075738?hl=en
- Set Google and YouTube to safety mode (www.google.com/preferences)
- Get a list of complete list of all passwords.
- Use parental controls to restrict ability to download new apps without your passcode.
- Use [google.com](https://www.google.com) and [commonsensemedia.org](https://www.common sense media.org) to research apps and websites.
- Understand the dangers of allowing others to bring devices into your home.

Student Tips:

- Be honest with your parents about how much freedom you should have.
- Don't run from accountability.
- Give your parents a list of passwords.
- In an effort to build trust, never delete or alter history (browser, search, etc.)

Notes:

FIGHTING AGAINST PREDATORS

1 Peter 5:8 // *Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour.*

Building a good defense.

Parent Tips:

- Decide what level of protection is needed for your family:
 - No websites or apps that allow interaction between users.
 - Only friend people you've met in real life.
 - Only chat with people you've met in real life.
- Check your student's devices for apps that allow for anonymity and disappearing content.
- Talk to your student about when it's inappropriate to use location services.
- Check the privacy settings for social apps.
- Learn how to use the location finder on your student's phone.

Student Tips:

- Talk with your parents immediately if someone sends you explicit content.
- Don't run from accountability.

Notes:

Have your parents ever talked to you about protecting yourself from online predators?

Yes - 89% No - 11%

Do you follow anyone on social media you've never met in real life?

Yes - 55% No - 45%

Has anyone ever sent you sexually explicit comments/messages/pictures?

Yes - 24% No - 76%

**60% of the students who have received explicit messages were female, 40% were male*

OTHER TIPS AND RESOURCES

- Become acquainted with the "Popular Apps and Games" sections of the Apple and Android Stores
- Periodically browse the articles at www.thesource4parents.com
- Don't forget to check the privacy settings for all apps!

CIRCLE

meetcircle.com

Managing online screen time and content has never been easier. Every student is different, so why shouldn't their connected experience reflect that? With Circle you can set time limits for apps and web sites, finally getting online screen time in check. You can also set up age appropriate filters that apply to all their devices. And you can even give rewards to your student when they've been good.

PLUGGED IN

pluggedin.com

Plugged In is designed to shine a light on the world of popular entertainment while giving families the essential tools they need to understand, navigate, and impact the culture in which they live. Through our reviews, articles and discussions, we hope to spark intellectual thought, spiritual growth and a desire to follow Jesus.

ENGAGE

thecouragecourses.com/p/engage

Raising children in a tech-obsessed social media world is tough. What limits do you put on it? Is it safe? Why can't kids just put their phones down? Is it too late? Engage is a five-lesson, practical course hosted by Kirk Cameron that will help you navigate parenting in a social media age. Packed with expert interviews, a hands-on study and resource guide, and biblical principles, it's the ultimate tool for not just surviving but thriving as a parent in today's culture and engaging your student on such a crucial topic!

Help & Accountability for Pornography

- Covenant Eyes: covenanteyes.com
- Safe Eyes: internetsafety.com
- XXXChurch: xxxchurch.com

Other Apps that May Be Helpful

- Net Nanny Social // Social Media Monitor
- Life 360 Family Locator // iOS and Android Location App
- Mobiclip Web Filter
- K-9 Web Filter