

# TECHNOLOGY AND YOUR CHILDREN

HELPING YOU ENGAGE YOUR CHILD'S HEART REGARDING TECHNOLOGY AND GIVING YOU PRACTICAL TOOLS TO PROTECT YOUR CHILD

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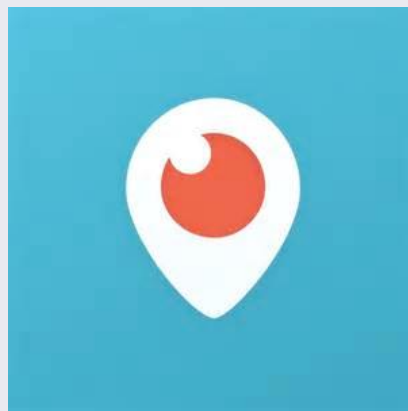
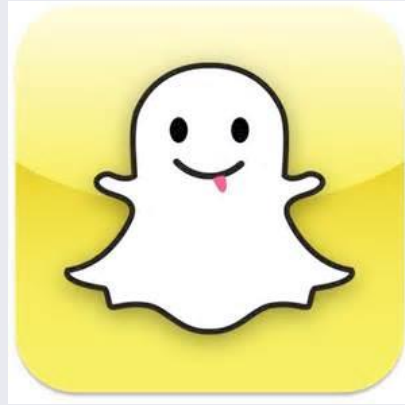
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# THE IMPORTANCE OF RELATIONSHIP

**“Discipline should be forward thinking and a part of a relationship between parents and children. Don’t be a lazy parent. Here’s what I mean by that. Good behavior in the store, although it’s extremely nice, is not our end goal. Adequate social functioning is not the end goal of parents. The end goal of Christian parents are hearts and minds that love God, serve God, and follow God. And that is birthed out of a relationship”.**

**(Matt Chandler, July 2010)**

# APPS YOU SHOULD KNOW ABOUT



# SOCIAL MEDIA

- **Who are your children following on social media AND who is following your children?**
- **Some things can never be deleted**
  - **Safety**
  - **Reputation**
  - **Purity**
- **“Comparison is the thief of joy” cultivating contentment with our children**
- **Social media should never replace real relationships. Are your children spending more time on social media than with their friends or family?**

# PRIVACY VS. PARENTING

- Privacy is earned not guaranteed
- Launching our children means the end goal is releasing young adults with discernment about technology
- Launching our children does not mean releasing young adults who have been completely sheltered from technology
- Our children's earned privacy is constantly changing according to age and responsibility
- Parents, start early with regular checks of accounts and devices. Reduce the regularity and structure of those checks with age AND responsibility

# CLEAR EXPECTATIONS, FULL AUTHENTICITY, CAN'T LOSE

- Does your child know your expectations regarding phone, apps, Ipad and computer?
  - How much time is too much time?
  - What apps are allowed?
  - What is the device curfew?
  - Do you know passwords?
- Are you continuously and authentically conversing with your children about their experiences with technology?
  - Your child and technology are both continuously changing and growing.

# WARNING SIGNS

- Deleting text messages (No burden of proof necessary)
- Passwords changed
- Camera Roll deleted
- Accounts set to private without your knowledge
- Staying up late utilizing devices
- Use of acronyms that you do not know
  - PIR: parent in room
  - POS, MOS, FOS: parent, mother, or father over shoulder
  - L(MIRL): let's meet in real life
  - 143: I love you
  - Parentingteens.about.com – search “acronyms”

# DISCIPLINE WITH TECHNOLOGY

- Short, effective, well defined
- Research shows long, stretched out discipline creates hopelessness for kids and reduces impact of punishment. Parents also are significantly more likely to give in making the consequence ineffective
- Different children respond to different punishments. Use trial and error to find the device which, when removed, creates a desired response in your child
- Well defined-this is critical. After committing to a short, effective discipline, very clearly define the terms to your child and do not negotiate.



# PRACTICAL TIPS

- Know that the landscape is constantly changing and strive to stay current
- Recognize that 100% monitoring is impossible
- All phones/screens are turned in overnight
- Have an internet filter
- Set clear boundaries - devices, open hours, content, privacy, etc
- Get involved- Get an account, participate in your child's online life
- Have technology free family time
- Practice what you preach

# HELPFUL SITES

- Iparent.tv – Excellent resource for staying current
- Open DNS – Router level filtering
- X3watch by xxxChurch.com – smartphone, tablet, computer internet filters
- Net Smartz <http://www.netsmartz.org/Parents>
- American Academy of Pediatrics: <http://safetynet.aap.org>

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