



PWOC

Protestant Women of the Chapel

Materials:
-PPT slide of logos
-flip chart and
markers for
brainstorming

WORKSHOP: TEENS AND TECHNOLOGY

Training Up Children in Our Tech-Saturated World

by Katie Payne

PARTICIPANT'S GUIDE

RELEVANCE: We are living in a *digital frontier*; 95% of teens use the internet daily. The average teen connects to technology 7 hours per day. While there are many benefits to our digital world, there are serious risks of which to be aware. Our children lack the ability to train themselves in the healthy use of technology. It is essential that parents help train up children to use technology in a God-honoring way.

- *According to the Pew Research Center, 95% of teens use the internet daily. 78% of teens now have a cell phone, and almost half (47%) of them own smartphones. (Teens and Technology 2013 by Mary Madden, Amanda Lenhart, Maeve Duggan, Sandra Cortesi, Urs Gasser)*
- Proverbs 22:6 says, "Train up a child in the way he should go, And even when he is old he will not depart from it."
- (<http://www.annemariamiller.com/2013/08/19/three-things-you-dont-know-about-your-children-and-sex/>)
- Proverbs 22:15

I. WHAT TEENS ARE DOING ON THE INTERNET

- Knowing where our children are going on the internet and what they are doing requires parents, many of us who are still uncomfortable with technology, to be very intentional.



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Where are Teens Hanging Out?

Directions: Match the number to the left that best matches the description on the right.



1

Users post updates in 140 characters or less. They can follow and be followed, as well as block other users from seeing what they post.



2

Users create boards, which are like digital bulletin boards where favorite content is "pinned."



3

Share your videos with friends, family, and the world.



4

Allows users to edit and post photos taken on their phone, and the images are publicly visible by default.



5

Smartphone messenger system where users send videos and images instead of text. Think emojis on steroids.



6

Allows users to send messages, primarily photos and videos that are destroyed seconds after they have been received.



7

One of the top apps in the iPhone store, each user gets their own channel where they can post their content publicly or privately.



8

Users create and post 6-second videos, which are often also shared on Twitter and Facebook. An app with a 17+ rating in the iTunes Store.



9

Users submit links or text, which are voted up or down by other users. Content is ranked to determine the post's position on the front page.



10

Big attraction for this app, is the ability to create collections of media that quickly and powerfully express the poster's

II. SETTING BOUNDARIES WITH OUR CHILDREN (3-5 Minutes)

- Proverbs 22:3
- Proverbs 4 instructs children to listen to their father's instruction and to get wisdom and understanding. Verse 23 says "Above all else, guard your heart, for it is the wellspring of life." Boundaries for parents and children alike will help to guard our hearts and keep us from swerving to the right or the left, keeping our feet from evil (v 27).
- In order for boundaries to be effective, there are three things to consider when establishing boundaries with your children:
 1. Clearly defined
 2. Consequences understood by teens
 3. Consistent observation and implementation by parents
- In small groups of 3-4, brainstorm what boundaries might look like in a family with teens who use cell phones, computers, iPods, reading tablets, etc. Keep the three guidelines (above) in mind as you discuss.

APPLY IT TO LIFE: (3-5 Minutes)

- **Homework: Discuss contract with your husband and children. Add or adjust rules as necessary for your family.**
- Philippians 4:8-9 "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received from me, put it into practice. And the God of peace will be with you."



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FAMILY DIGITAL COVENANT OF CONDUCT

I understand that my use of a computer/cell phone is conditional on following these rules. . .

- I will agree to follow my parents' guidelines for when and how I use the computer and other devices.
- I will not seek out, access, look at, download, copy, post, or send any inappropriate content, photos, or other material.
- I will obey all online age limits.
- I will not give out any personal information including my address, birthdate, social security number, passwords, phone number, or picture.
- I will not publicly post where I am during the course of the day.
- I will not respond to emails, texts, or instant messages from people I do not know.
- I will not arrange to personally meet anyone I encounter or meet online.
- I will immediately report any suspicious or uncomfortable advances by others, bullying, sexual messages, or requests to meet in person to my parents and some other trusted adult.
- I will not purchase apps, programs, products, or services online without my parents' permission.
- I will not install software without parental permission.
- I will not lie or deceive others online.
- I will obey copyright laws and not illegally download or upload music, movies, or other content.
- I will not use the Internet to illegally copy or plagiarize information.
- I will not use my cellphone while driving.
- I will obey all of my school's rules for cellphone use.
- I will always use discretion and kindness in how I communicate to others, only saying what I would be willing to say to them face-to-face.
- I will not bully or make others look bad.
- I will not bypass any online restrictions or filters.
- I understand that these rules apply not just to my use of the computer at home, but wherever and whenever and however I go online.
- I understand that violating any of these rules may result in the loss of my computer and/or cellphone privileges, and I will accept the consequences of my actions.

MY SIGNATURE

DATE

PARENT(S) SIGNATURE(S)

DATE