



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

LEADER'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.

CONTEXT: This training is best suited for a workshop setting with an audience who has a vested interest in children and their use of technology.

TIME: Approximately 60 minutes

HOOK YOUR AUDIENCE: (5 Minutes)

Please stand if you have a cell phone.

Remain standing if your cell phone is a smartphone.

Please stand if you have a Facebook page.

Please stand if you've ever ordered something online.

Please stand if you listen to music downloaded from iTunes.

Please stand if you have used Skype, iChat or some other video chat program.

Please stand if you consider yourself to be somewhat of a technology expert.

Please stand if you feel you are an expert of your children's technology.



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/> or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

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."

In our tech-saturated world, we have a responsibility to train our children in how they use technology. We cannot simply say "No technology use for you." There are many wonderful aspects to today's technological world. There are, however, many, many troublesome areas- cyber bullying, Google as the new sex-ed, rampant pornography, promiscuity, and predators, to name just a few.

As a mom of four children, I can allow myself to be paralyzed by fear of technology, remain ignorant of what my children are doing or I can become actively involved in understanding my children's technology footprint.

I was recently "introduced" to a young woman, Anne Marie Miller through her blog. She grew up in a loving, strong Christian family. Despite her upbringing, she found herself addicted to internet porn in her teen years. She shared her testimony and the observations she's made while speaking to thousands of high school and college students in an open letter to parents. She challenged me to evaluate my beliefs about my children and the internet. First, I have 4 girls and I thought the exposure to internet porn is something parents of boys had to worry about. I also felt like I had a pretty good handle on what my kids are doing in and around the tech world. Anne Marie has challenged me to throw away stereotypes and to avoid thinking my child is the exception. Most importantly, she challenged me to be more proactive in my children's tech worlds. My hope and prayer is that this workshop would open the door to more communication about this important topic with our children and with each other.

(<http://www.annemariamiller.com/2013/08/19/three-things-you-dont-know-about-your-children-and-sex/>)

While we could explore this topic for days, we are going to focus our time on two things...what teens are doing on the internet and setting boundaries with our children.

Proverbs 22:15 says "Folly is bound up in the heart of a child, but the rod of discipline will drive it far away."



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/> or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

As parents, we need to recognize that our children are likely to be foolish at heart and that God has given us the awesome role of providing discipline to help them grow into wise, technology-using adults.

MAKE YOUR POINT 1: WHAT TEENS ARE DOING ON THE INTERNET

(3 Minutes)

Do you remember the iconic question...“It’s 10:00 pm, do you know where your children are?” In today’s world, the question cannot be limited to time of day or physical location. Times have changed. Do you remember talking with friends on a phone that was tethered to the kitchen wall? Private conversations were difficult to have as Mom was cooking dinner. Do you remember when friends were over, especially friends of the opposite sex, you weren’t allowed to hang out in a room behind a closed door? Technology has changed the face of communication and interaction. It is much more private and increasingly difficult for parents to discern where and what their children are doing behind the screens of their phones, computers, and ipods.

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.

Have you heard that Facebook use among Teens is on the decline? Do you know where Teens are “hanging out?”

ENGAGE YOUR LEARNERS 1: (15 Minutes)

Show Power Point slide containing logos of the current websites and apps that teens are using.



See Leader’s Version, pgs 6-9 for full-page versions of slide, quiz and answers.

Allow audience 5 minutes to complete the Matching Hand-out (pg 2 Participant’s Version).

Discuss the answers. Take about 10 minutes.



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/> or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

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 emoji or stickers.
	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

Where are Teens Hanging Out?

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

	1	—	5	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	—	3	Users create boards, which are like digital bulletin boards where favorite content is "pinned."
	3	—	7	Share your videos with friends, family, and the world.
	4	—	8	Allows users to edit and post photos taken on their phone, and the images are publicly visible by default.
	5	—	10	Smartphone messenger system where users send videos and images instead of text. Think emoji or stickers.
	6	—	2	Allows users to send messages, primarily photos and videos that are destroyed seconds after they have been received.
	7	—	4	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	—	1	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	—	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	—	6	Big attraction for this app, is the ability to create collections of media that quickly and powerfully express the poster's

The landscape of the digital frontier is constantly changing. Intentional parents will study the latest trends of teenagers- exploring websites, apps and texting lingo on a regular basis. Adults communicating with each other can provide a great support system as we try to overcome the great technology divide between parents and teens, all the while trying to stay in step with our children.

MAKE YOUR POINT 2: SETTING BOUNDARIES WITH OUR CHILDREN
 (3-5 Minutes)

Knowledge and awareness of our children's use of technology is an important first step. But what is the next step?

"The prudent see danger and take refuge, but the simple keep going and pay the penalty." Proverbs 22:3

Boundaries can help safeguard the whole family in our tech-saturated world. Children may not admit it but they need and desire boundaries.

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).



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/> or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

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**

ENGAGE YOUR LEARNERS 2: (20 Minutes)

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.

Note to Trainer: Limit your small groups to 4 people at most. Research shows that in groups larger than 4, the more introverted members opt out of participation.

Observe groups as they brainstorm. Float between groups to offer your support. Boundaries to suggest: Password policy, access to internet (regarding location and time), limit posting of personal information, downloading apps or files only with permission, random reading of texts/messages, limits on video chatting, respecting others, following age limits, telling parents about any messages or posts that make the teen feel uncomfortable, communicating with people they don't know, posting of inappropriate pictures, communicating regularly, boundaries for parents, etc.

APPLY IT TO LIFE: (3-5 Minutes)

Homework: Discuss contract with your husband and children. Add or adjust rules as necessary for your family.

Look at the Family Digital Covenant of Conduct (Participant's Version- pg 4; Leader's Version- pg 9). This can be used as a starting point for parents to communicate with their children concerning their technology habits and expectations. Discuss the key points of the contract...safety issues, respect of boundaries, open dialogue with parents, etc.

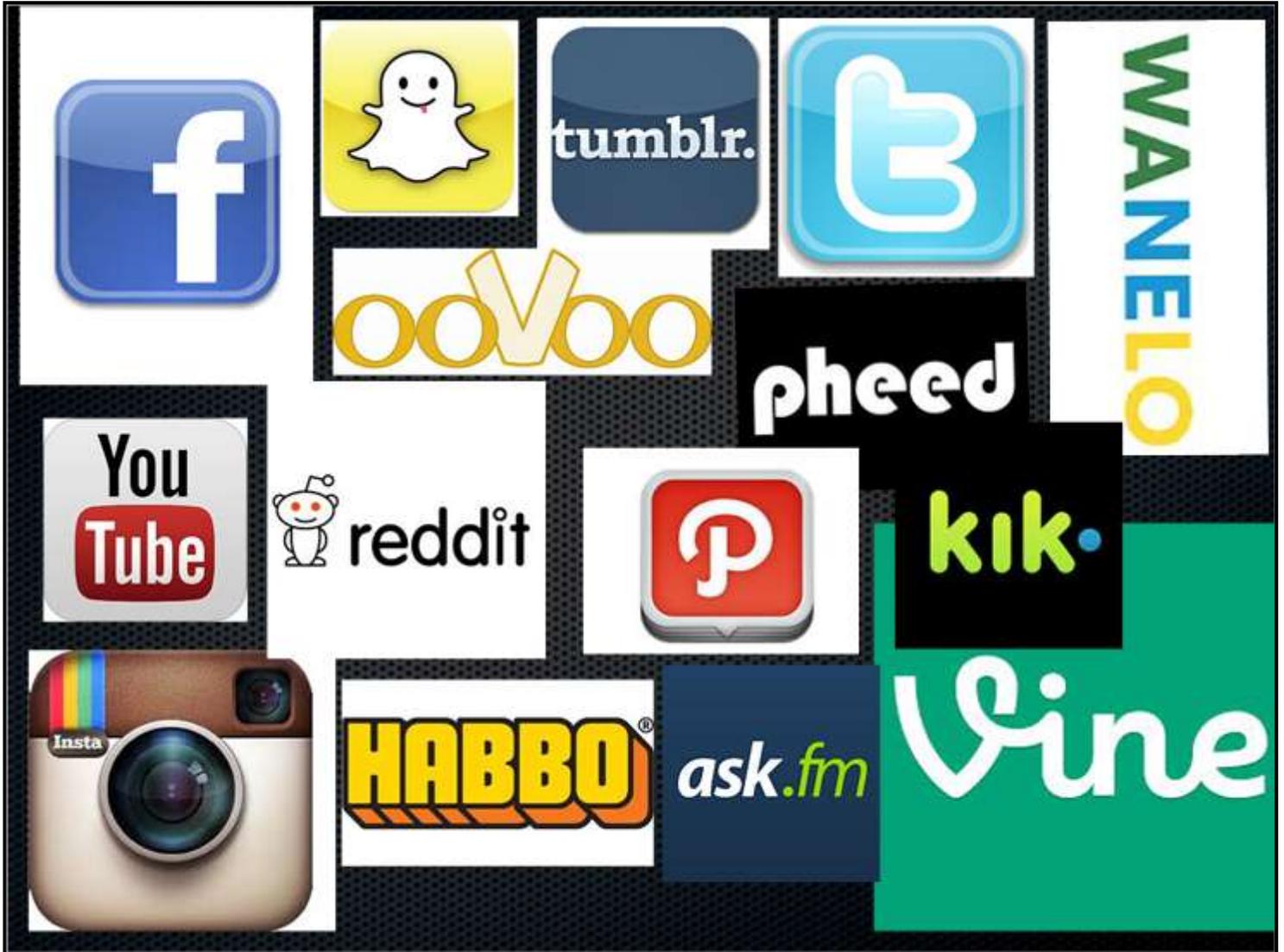
Philippians 4:8-9 "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received from me, put it into practice. And the God of peace will be with you."

Close in prayer for the teens and families represented.



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/> or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

Where are Teens Hanging Out?



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/> or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

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

Where are Teens Hanging Out?

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

- | | | | |
|---|----|--------------|--|
|  | 1 | <u> 5 </u> | 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 | <u> 3 </u> | Users create boards, which are like digital bulletin boards where favorite content is "pinned." |
|  | 3 | <u> 7 </u> | Share your videos with friends, family, and the world. |
|  | 4 | <u> 8 </u> | Allows users to edit and post photos taken on their phone, and the images are publicly visible by default. |
|  | 5 | <u> 10 </u> | Smartphone messenger system where users send videos and images instead of text. Think emojis on steroids. |
|  | 6 | <u> 9 </u> | Allows users to send messages, primarily photos and videos that are destroyed seconds after they have been received. |
|  | 7 | <u> 4 </u> | 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 | <u> 1 </u> | 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 | <u> 2 </u> | 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 | <u> 6 </u> | Big attraction for this app, is the ability to create collections of media that quickly and powerfully express the poster's |



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