Navigating Technology as a Parent

1. How did we get here?

- Kids today are learning to cook thanks to YouTube, but they are being exposed to pornography at a very young age.
- Technology is a tool that must be used responsibly.
- Technology is a reflection of our humanity.
- We can change the things that are out of place and leverage technology for good.

2. What do you need to know?

- Parents approach technology with the question, "What can this do for me?" This is an efficient and purposeful question.
- Kids approach technology with the question, "What will this do?" This is a curiosity question that leads them to different places.
- As parents, we must be more curious and give purpose to technology for our kids.

3. What do you need to do?

- Give yourself grace. We are the first generation of parents who are parenting in a tech world.
- Give yourself a reality check on what's happening with kids today.
- Ask your child, "Can you teach me how?"
- Ask leading questions. For example, "What is something interesting you've seen lately? What's something your friends are doing right now that scares you?"
- Be more concerned with the purpose of technology rather than the amount of time on a screen.
- Be more curious about the type of technology your child is using.
- Your goal should be for your kids to have a healthy relationship with technology when they ultimately leave your home.
- Be a safe place for your children.
- Shift your voice from directive to influence as your kids approach age 15 or 16.

- Set parental controls across all devices—not so you can control everything, but so you can gain intelligence to influence your child to have a healthy relationship with technology.

- When your kids leave home, they should be able to decide what needs to be blocked and what needs to be limited.

- You don't need to handle this on your own, and you don't have to know all the answers. Visit parenting.tech for additional resources.

Three concepts to remember:

1. Don't fight for control; fight for intelligence.

2. Ask better questions.

3. Focus on screen purpose, rather than screen time.

Additional Resources

- Bark App—a comprehensive parental control tool for families. Use code CHURCH for 20% off for life. bark.us

- Parenting in a Tech World – a digital master course for parents