

# Parenting 101

## “How to Handle Technology with Your Family”

Philippians 4:8 – September 18, 2016

### Overview of Our Study

PARENTING 101		
A 7-Week Series on What the Bible Says About Parenting		
Date	Title	Bible Text
Aug 21	How to Build Your Child's Self-Esteem	Deuteronomy 6
Aug 28	How to Teach Your Child Responsibility	Ephesians 6:4
Sept 4	How to Build Your Child's Identity	Genesis 2:24-25
Sept 11	How to Talk to Your Child About Sex	Ephesians 4:15
Sept 18	How to Handle Technology with Your Fam	Philippians 4:8
Sept 25	How to Nurture Your Child's Spirit	Proverbs 22:6
Oct 2	How to Release Your Child	Psalms 127:4
Oct 9	The Church Has Left the Building	Living It!
Oct 16	20 <sup>th</sup> Birthday Celebration of the Church	Back Arena

### Begin With the End in Mind

- The end goal is for you to **release** your child into the world as a mature young adult who is making great choices for themselves without you.
- **Psalm 127:4** – Like arrows in the hands of a warrior are sons born in one's youth.



- An arrow cannot hit the target unless the archer let's go of it.
- Parents: Our job is to progressively “let go of our arrows” – to progressively give our children more and more responsibility over their own lives – so that they hit God's target for their lives.

- We want our children to become **independently dependent on God**. We want our children to learn to “parent” themselves.
- When it comes to technology, the question is: How can I best set up my child for success in handling technology on their own as an adult.

### The Major Scriptures Associated with Technology

#### 1. Time

- **Ephesians 5:15-17** – Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.
- Application #1 – How can I use technology (and train my children to use technology) in such a way that it makes the best use of our time rather than wastefully consuming our time?

#### 2. Eyes

- **Matthew 5:27-28** – You have heard that it was said, “Do not commit adultery.” But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.
- **Job 31:1** – I made a covenant with my eyes not to look lustfully at a girl.
- **Psalm 119:37** – Turn my eyes away from worthless things; preserve my life according to Your word.
- Proverbs 5 – Flee from the immoral woman
- **Proverbs 4:23** – Above all else, guard your heart, for it is the wellspring of life.
- **Philippians 4:8**
- Application #2 – How can I protect myself (and train my children to protect themselves) from the barrage of pornographic images on the Internet and media?

#### 3. Great Commission

- **Matthew 28:19-20** – Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.
- Application #3 – How can I use technology (and train my children to use technology) for the fulfillment of the Great Commission?

### Application #4 – 10 Best Practices for Healthy Technology Use:

## 1) **Build Relationship First**

Laura Gaillier: "Close-knit family relationships help ward off the loneliness and rebellion that make sexual sin more tempting. The average father gives less than 22 seconds of his undivided attention to kids per day."

- 2) **Set the Example** -- Model healthy technology habits for your kids regarding TV, cell phones, texting, social media, and general computer usage.
- 3) **Educate Yourself** – Get to know the cyber world and its potential dangers. Determine to get a Ph.D. in this subject. Example: Sexting.
- 4) **Inventory** all the ways your children are accessing the internet. How are they accessing (cell phones, tablets, iPods, portable games with Wi-Fi access, video game consoles, computers, apps, etc.)? Where are they accessing (friend's house, school, local coffee shop, etc.)?
- 5) **Safeguard** -- Install parental controls on all electronic devices (phones, tablets, TV, Netflix, YouTube, Amazon Prime Video, Hulu, etc.) Install internet filters. Know the passwords of all of your child's devices, email, and social media. Follow them on all social media. But don't post (uncool!)
- 6) **Communicate** -- Talk with your kids at age-appropriate levels about the dangers of technology, including pornography, online predators, cyber bullying, digital footprints, etc. Teach them to identify, avoid, and tell you or a trusted adult if they come across these dangers.
- 7) **Manners Matter** - Teach your child appropriate technology manners just like you would teach them how to greet people and eat at the table. Be present with the people you are with, no devices at the table.
- 8) **Set boundaries** - Establish clear and consistent expectations for technology use at an early age.

### LEGGETT FAMILY PRACTICES:

- (a) Younger years – limit TV and games to 30 minutes/day
- (b) No phone until 8<sup>th</sup>/9<sup>th</sup> grade. Then flip phone with no media until shown maturity for screen. Then Covenant Eyes. Then entrust to yourself as a young adult with periodic check-ins.
- (c) Cell phone contract. No phone without it.
- (d) If abusing phone, then it's ours.
- (e) We can look at your phone any time we desire. We do.
- (f) One computer in the house. Downstairs in the open den.

### TILLSON FAMILY PRACTICES:

- (a) No technology until the weekends after chores are done. This helps keep them focused on the right priorities during the week.
- (b) Turn in technology every night. Rarely are good things happening after dark.

- 9) **Have a Game Plan** – How will you and your spouse react if you discover your child is engaging in inappropriate technology usage? How will you guide your child back to healthy habits?

- 10) **Release your young adult** to God and to themselves.

## Suggested Resources

- Porn-proofing

- "Good Pictures. Bad Pictures: Porn-proofing for Today's Young Kids" by Kristen A. Jenson
- "Do Not Look Inside This Book!" by Laura Gallier – Elementary age
- "Father-Son Accountability" by John and Lucas Fort
- "The Quick Start Guide for Proactive Parents" at [www.protectyoungminds.org/resources](http://www.protectyoungminds.org/resources)
- Internet Filters and Accountability Tools
  - Covenant Eyes – [www.covenanteyes.com](http://www.covenanteyes.com)
  - Circle with Disney – [meetcircle.com](http://meetcircle.com)
  - Bsecure Family Protection - [www.bsecure.com](http://www.bsecure.com)
  - *Safe Eyes Internet Parental Control* - [www.internetsafety.com](http://www.internetsafety.com)
- Education on Apps
  - [www.protectyoungeyes.com/apps](http://www.protectyoungeyes.com/apps)
  - <http://www.covenanteyes.com/2016/06/10/apps-and-internet-doorways-what-parents-need-to-know/>
- "Tech Savvy Parenting" by Brian Houseman
- "Plugged-In Parenting" by Bob Waliszewski"
- Great Websites
  - [www.protectyoungeyes.com](http://www.protectyoungeyes.com)
  - [www.protectyoungminds.com](http://www.protectyoungminds.com)
  - [www.lauragallier.com](http://www.lauragallier.com)
  - <http://www.crosswalk.com/family/parenting/parenting-in-the-technology-age.html>
  - <http://familylifetoday.com/series/tech-savvy-parenting/>
  - <http://momlifetoday.com/resources/teens-and-tec/>
- Best practices:
  - 6 Best Practices: <https://www.fosi.org/good-digital-parenting/6-best-practices-better-digital-parenting/>
  - 5 Best practices: <http://momlifetoday.com/resources/teens-and-tec/>
  - <http://momlifetoday.com/2010/05/our-rules-for-parenting-in-the-digital-age/>
  - Help Guide on Cyberbullying <http://www.helpguide.org/articles/abuse/cyberbullying.htm>
  - TECH Conversations for Preschool-High School: <http://protectyoungeyes.com/resources/>
  - Internet Accountability for Teens: 5 Things to Do if They Push Back: <http://www.covenanteyes.com/2012/10/08/internet-accountability-for-teens-5-things-to-do-if-they-push-back/>
  - Some great examples of boundaries: "[Teens and Technology - A Guide for Parents](#)" and "[Rules for Parents in The Digital Age](#)"
  - Internet Accountability for Teens: 5 Things to Do if They Push Back: <http://www.covenanteyes.com/2012/10/08/internet-accountability-for-teens-5-things-to-do-if-they-push-back/>

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