

Parenting in a Digital World

PART 2: GOING FIRST

CONNECT

Take a few minutes to discuss this question in your group:

If you could bring back one piece of technology from your childhood just for fun, what would it be and why?

LEARN

Before watching the video together and discussing the questions below, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, thank you for the gift of our families. Give us humility to learn and courage to make the changes we need to make. Amen..

After praying, watch the video for Part 2.

APPLY

PART ONE

After watching the first half of the video, discuss the following questions as a group:

1. Respond to this statement: "The number one predictor of how your child will use their phone someday is how you use your phone today." What thoughts does that stir in you?
2. Review the Three M Parent Trap below. Where have you seen this pattern play out in your home?

The Three M Parent Trap:

1. We MODEL a bad relationship with technology.
 2. Kids MIMIC what we model.
 3. We get MAD at our kids for mimicking what we modeled.
3. Joey said, "When you change your relationship with your phone, you change your relationship with everyone around you." What's one habit you could change with your phone? How could that affect the relationships in your home?

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PART TWO

After watching the second half of the video, discuss the following questions:

4. What could it look like for you to spend two (awake) hours each day physically distant from your phone? What could you replace phone time with?
5. Joey recommends creating one sacred time and one sacred place where phones aren't welcome. What would make the biggest difference in your home? What's one obstacle you'll need to overcome?
6. We are the first generation of parents raising digital natives. What we model today becomes the expectations our children carry into their future relationships. What do you hope your children will one day say they learned from the way you use technology?

MOVING FORWARD

This week, choose one sacred time or one sacred place in your home to be phone-free for the next seven days. Invite your family to join you and notice how it changes your conversations and connections.

PRAY

We suggest ending your group with prayer. Here's a sample prayer you can use:

Heavenly Father, help us to model the habits we hope to see in our children and future generations. Give us the wisdom and courage to put into practice what we've learned. Amen.