

# PARENTS PODCAST

## Main Ideas

Shame grows in the dark. Choose to engage in these conversations with your family and community.

Let your use of technology be driven by your values instead of your values being dedicated by your devices.

Technology gives us freedom until we grow numb to how it's affecting us.

Allowing our kids to work through boredom is the pathway to deeper creativity.

## Discussion Questions

Take a personal inventory. What is your relationship with technology? What's one step you can take to become more aware of how technology is affecting your own life?

What is one way you can create intentionality around the way your family engages with technology?

Take time this week to share your family's core values with your community. How might technology aid you in championing those values?

## START Here

### S - Start With Yourself

Starting with ourselves when it comes to using technology well empowers us to lead our kids with more empathy.

### T - Tables and Bedtimes

There is a plethora of research that shows how protecting the spaces of bedtime and mealtime will reap dividends in your family's mental, physical, and emotional health.

### A - Accountability

Intentionally cultivate a safe space for your kids to share what they are seeing and engaging with online.

### R - Ride, Practice, Drive

In the same way that we don't just throw teenagers behind the wheel of a car and expect them to be great drivers, we shouldn't throw our kids into the deep end with technology and expect them to be successful. Training is key.

### T - Time Well Spent.

Connecting, creating, and consuming—in that order—outline a pathway for how to increase the quality of time we spend online.

## Next Steps & Resources

Don't do this alone. Engage in biblical community by joining a LifeGroup and working through these questions together. You can find a group near you at [go2.lc/lifegroups](https://go2.lc/lifegroups)

Check out the START resources and consider working through the Screen Sanity study with your LifeGroup!