

# 10 TOUGH TECH TIPS

for Parents of Children & Teens

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## 10 TIPS

with License to  
Parent &  
Shepherd's Hill  
Academy



BE ALERT.  
ESTABLISH  
HEALTHY HABITS.

INCORPORATE  
FILTERS FOR YOUR  
MEDIA.

DISCOVER ADDITIONAL  
RESOURCES FOR TECH  
USE.

# Be Alert.

## "Don't Assume Your Kids Will Make the Right Choices When Using Technology!"

First: Be alert. Watch, listen, and engage with your kids. When your kids are playing video games, watching TV, or engaging in some other digital activity, use these times as teachable moments.

Come to grips with the fact that neither you nor your kids are immune to technology's ability to entice.

Even King David violated every one of the Ten Commandments when he sinned with Bathsheba. This started because he was in the **wrong place at the wrong time**.

The digital world has the power to actually re-wire the brain. Don't assume your kids will make the right choices when using technology!



TIP NUMBER 2

# Create the Environment.

"Don't Freak Out When They Make Mistakes."

Create a home environment that makes it easy for your kids to share their hearts' desires, concerns, apprehensions, fears, temptations, and experiences in all areas of their technological lives -- **even their mistakes.**

They must know that it is **safe to discuss** these things with you -- and do it regularly.

Don't freak out when they make mistakes. Calmly administer the proper consequences, if appropriate, and let them know they are loved regardless.





# Establish Good Habits.

"Have Your Kids Get Into the Habit of Asking Permission to Use Anything with a Screen or Keyboard..."

**Establish good media habits.** Lead the way. Change your attitude to align with Christ's attitude toward media in your home. Then, **model it before your kids.**

Kids are much more likely to acquire appetites for the things they are often exposed to.

Media should be a **privilege instead of a constant activity** that is simply taken for granted.

Have your kids get into the habit of **asking permission to use anything with a screen or keyboard** while they live in your house. Begin this early to limit any pushback.

**Consider a ban on headphones in your home.** Remember, **one click could change your child's life forever.**



# Create Accountability.

"Do Your Best to Make Media Use a Family Affair."

Attach all media to a system of accountability. Location is everything. **Keep it in a common area.** Never allow a computer or television in your child's room. **Have filters for everything. Have all the passwords and codes.**

Ask your internet or phone provider about all the latest safety and tracking devices. **Snoop often;** check history -- it's just good parenting in the 21st century.

Do your best to **make media use a family affair.** Consider media and **digital fasts as a family.** Consider having a time when all technology is checked in and locked up each night (digital curfew).

Have siblings monitor each other and hold one another accountable. Allow an outside, objective source to review and critique your family's media habits. This could be a pastor, family member, or trusted friend.



TIP NUMBER 5

# Determine a Media Diet.

"Allow Your Kids a Cell Phone that Is Nothing More than a Phone."

Determine a media diet and stick to it.  
Only you will know that balance.

Allow your kids to **help plan the media diet**. They will often be stricter on themselves than you are.

Allow your kids a cell phone that is nothing more than a phone.

Limit leaving your kids alone. When you must, have a system that locks everything but their phone.

Determine a **texting limit** that is reasonable, and enforce it.

No cell phones in the bedroom.





TIP NUMBER 6

# Recognize Warning Signs.

**"Remember, You Could Be a Foot Away and Never Know What Your Child Is Viewing."**

Recognize the warning signs. Is your child **tired in the morning** because he's up all night? Has he lost his appetite for things he normally loves?

Is she withdrawn from the family? Is she irritable, defensive, and touchy when asked about her computer habits?

Does the screen on the computer seem to suddenly change when you walk by?

**Remember, you could be a foot away and never know what your child is viewing.**





TIP NUMBER 7

# Encourage Accountability.

"Encourage Media Literacy and Accountability..."

Encourage media literacy and accountability in your church or social club and with your friends.

This fosters an **authoritative community** that **encourages accountability** and **standards beyond your home**, making your community a more **trustworthy** environment.





TIP NUMBER 8

# Be Proactive.

"Give Your Children Healthy Options to Which They Can Be Exposed."

**Be proactive** in encouraging good, wholesome media habits.

There are many websites like [pluggedin.com](http://pluggedin.com) and [movieguide.org](http://movieguide.org) -- among others -- that can help families navigate the sea of entertainment alternatives.

Instead of telling our kids what they can't be exposed to, **give them a number of healthy options** to which they can be exposed. This will train their appetites for more wholesome entertainment.

Also see [licensetoparent.org](http://licensetoparent.org) and [commonsensemedia.org](http://commonsensemedia.org)



TIP NUMBER 9

# Offer Alternatives.

**"Digital Entertainment Isn't the Only Option."**

Give your kids alternative entertainment activities. Digital entertainment isn't the only option.

Sports, hobbies, board games, and books are just a few of the myriad non-tech activities that kids can use to rebuild and refresh their minds and bodies.

Steer your children toward balance in their lives. God has given his children a million and one things to do on this earth.

Let's show our kids just how great life can be beyond the digital world!





TIP NUMBER 10

# Turn it Off!

"Turning It Off Is an Option."

I don't suggest this as a permanent solution, but there are certainly times when this may be the best option.

We must first realize that **it is an option.**



BONUS

# Resources

## Websites:

[Commonsensemedia.org](http://Commonsensemedia.org)

[Axis.org](http://Axis.org) - Cultural Insider & Cultural Translator

[CPYU.org](http://CPYU.org)

[Licenstetoparent.org](http://Licenstetoparent.org)

[Pluggedin.com](http://Pluggedin.com)

## Books:

Thrilled to Death - Dr. Archibald Hart

The Digital Invasion - Dr. Archibald Hart & Sylvia Hart Frejd

Navigating the Cyberspace - Dr. Ryan Anderson

The Dumbest Generation - Mark Bauerlein

## DVDs:

Captivated - Phillip Telfer

