

Protecting Our Kids in the Digital Age

Opening Question:

What was your biggest takeaway or most surprising insight from Officer Gomez's presentation?

Key Takeaways:

1. Social media and technology addiction is a serious issue affecting kids and teens.
2. Many popular apps and platforms pose significant risks for children.
3. Open communication between parents and children is crucial.
4. Delaying smartphone/social media access can be beneficial.
5. Parents need to be educated and involved in their children's digital lives.

Discussion Questions:

1. How has technology impacted your family dynamics? Share both positive and negative effects you've observed.
2. Officer Gomez emphasized the importance of having regular family discussions on tough topics. Which topics do you find most challenging to discuss with your children? Why?
3. What strategies have you used (or could you implement) to monitor and limit your child's screen time and social media use?
4. How can we as parents better educate ourselves about the latest apps, social media trends, and online risks?
5. Officer Gomez mentioned several scams targeting young people. How can we teach our kids to be more discerning and protect themselves online?
6. What role do you think schools should play in educating students about online safety and responsible technology use?

7. How can we foster real-world connections and activities for our kids as alternatives to excessive screen time?

Practical Applications:

1. Implement a weekly "tribal council" or family meeting to discuss important topics and current issues.
2. Create a family technology agreement that outlines rules and expectations for device use.
3. Set up parental controls and monitoring software on your children's devices.
4. Plan regular "unplugged" family activities to promote face-to-face interactions.
5. Educate yourself about the apps and platforms your kids are using. Consider creating accounts to better understand their functionality.
6. Practice open communication by regularly asking your kids about their online experiences and friends.
7. Lead by example in limiting your own screen time and modeling responsible technology use.

Closing Reflection:

How can we support each other as parents in navigating these challenges? What resources or support systems can we create within our community?

Prayer:

Close the session by praying for wisdom, discernment, and protection for families as they navigate the digital landscape. Ask for God's guidance in fostering meaningful connections and open communication within families.