**Intentional Parenting**

**Social Media a Sixth Sense**

Confessions of a Digital \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**In the Beginning Before Social Media was Born.......**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Every person must find some way to ‘justify their existence,’ and to stave off the universal fear that they’re a ‘bum.’” Ultimately, our identity can and must be found in Christ and Christ alone. We must be sure that with Augustine we are able to say, “Our hearts our restless until they find their rest (identity) in Thee!”

* Tim Keller

**Social media**How do you see Social media influencing teenagers today? Specifically,

* What are some of the negative/positive aspects of todays social media?
* What is your role as as a parent re: intake of social media for your students?
* What are the obstacles parents face in setting appropriate guidelines for their teens social media consumption?

**Things to Remember:**

• Remember: Parents maybe digital immigrants and children are digital \_\_\_\_\_\_\_\_\_\_\_

• Remember: the world is not a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ place to raise your children

• Remember: If we are passionate or angry about something, we take it to social media.

• Remember: parents find it impossible to have complete control of everything that crosses the path of their teenager’s eyes and mind

• Remember: society continues to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the impact of social media/technology on teens

***More Information:***

* The average Teenager has 3.5 personal digital gadgets and spends 10.5 hours per day in media
* “screen time” (teens actually get 10 hrs in 8 hrs)
* The average child in America spends more time consuming electronic media than going to school, with many teenagers going online “almost constantly.”
* 50% of teens say they are addicted to screen time
* 59% of parents say that their teen is addicted to screen time •1/3 of all parents say they argue daily about screen time use
* These facts *do not* show a ravenous hunger for technological gadgets, they show an appetite

**Things to remember about Technology**

* The “bubble approach” is not an option

* The “ignorance approach” and being too strict approach doesn't work either
* “Technology” is\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is not
* The hard truth is that we must become “\_\_\_\_\_\_\_\_\_\_\_\_\_\_” of culture and social media
* Our culture is obsessed with “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” and it fits in your pocket ……. your life is what you pay attention to

**These facts *do not* show a ravenous hunger for technological gadgets, they show an appetite for *relationships -* the deep heart-aching, knowing relationships that increasingly seem difficult to find in a fast-paced society separated by distance, speed and sheer busyness**.

* teenagers long for a community of people who ‘live present’
* That community, which is called by God, is referred to as *koinonia* - fellowship/communion with one another.

**The three “A’s” AGAIN**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Andrew Zirschky says:

*“Social media, mobile phones, and the selfie world we inhabit are problematic, but they’re not the primary problems for our teens. Drinking, drugs, sex, eating disorders, pornography, cutting, perfectionism, stress, and depression aren’t teens’ foundational problems, either.”*

Mark 7:15 - Jesus tells us “there is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him”

Jeremiah 17:9 - The heart is deceitful above all things and beyond cure. Who can understand it?



* Neuroplasticity is the 'muscle building' part of the brain; the things we do often we become stronger at, and what we don’t use fades away. That is the physical basis of why making a thought or action over and over again increases its power. Over time, it becomes automatic; a part of us.
* We literally become what we think and do.
* Sum it all up: the brain is plastic, meaning it changes based on our behavior and experiences

**How is all this screen time affecting our brains?**

Fact #1: The Internet may give you an \_\_\_\_\_\_\_\_\_\_\_ brain.

Fact #2: You may feel lonelier and jealous.

Fact #3: Internet use may heighten \_\_\_\_\_\_\_\_\_\_\_\_\_ in certain teens.

Fact #4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems may be more likely

Fact #5: But it's not all bad -- in moderation, the Internet can actually boost brain function.

* Significant more time on line than with each other in person
* Post recession 2007-2009 (iPhone came on the scene 2007)
* produced new behaviors that are inescapable.... Growing up more slowly
* PEW research states 92% of HS have cellphone and 54% are smartphones
* 2012 - more than 50% of Canadian Teens own an iPhone – 93% of those who don’t will buy a smart phone in the near future
* In love with iPhone and more “I” individualism, and irreligiosity

**Crunching the numbers:**

* 14-year-old Girl: “I think we like our phones more than people”
* 2017: 3 out 4 own an iPhone
* 12th graders in 2015 were going out less than 8th graders in 2009
* 56% of 8th graders who spend more than 10 hours or more a week on the iPhone are more unhappy
* In 2000 the average person spent 2.7 hours on line per week
* In 2013 the average person spent more 30 hours on line per week (News Media Trend Watch) 19 **Social Media a Sixth Sense**
* Since 2007 homicide is down and suicide is up – today’s teen are not killing each other, but they are attempting to kill themselves
* Depression in high school girls has gone up 50%
* Depression in high school boys has gone up 27%
* Girls suicide ages 12-14 3x more in 2017 as in 2007, boys suicide 2x more in 2017 as in 2007
* Girls experience cyberbullying more than boys / girls feel more left out in social media than boys

iGen is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ generation to spend their entire adolescence in the era of the smartphone

Social media and texting are replacing other activities

They spend \_\_\_\_\_\_\_\_\_\_\_\_ time with their friends in person

They are experiencing unprecedented levels of \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.. •

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ not a big deal

Teenagers now have the ability to hold on to phones rather \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ •  
The promise of social media is to connect and yet we have the most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ generation ever

**More statistics**

* Intentional friend times is down by 40% from 2000 – 2015
* Todays teens are sleeping less – the average teen needs 9 hrs of sleep
* 57% more teens are sleep deprived than 1991
* 2012-2015 – 22% more teens fail to get 7 hrs of sleep
* regarding media use by teens and tweens: “Excluding time spend using media for school or homework, 8-12 year-old tweens spend 6 hours a day engaged with screens. 13-18 year-old teens spend 9 hours a day.”

Rules and regulations usually address the outward behavior and don’t necessarily affect the inner being

Screen time provides pleasure and satisfaction from friends to activities

Irony of the iGen life is that they spend more time under the parent’s roof but are not necessarily closer to their parents

The more time teens spend looking at a screen the more likely they are to report symptoms of depression

This could follow them into adulthood

• • • • •

Teens seek attention affirmation and affection through performance, popularity, perfection, the status of “likes” ........ we crave comparison

**Only One Solution**

“Likes” do not define us:   
• Turning to false gods (IPhone) and looking for security in “life” with “Likes”

• Social media was never meant to define us

• In a selfie world, let’s help our teens understand their true identity is found only in Jesus.

**What do we do?**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your teens world of social media and make a plan

* \_\_\_\_\_\_\_\_\_\_\_\_ everything you see and hear this is real life stuff
* \_\_\_\_\_\_\_\_\_\_\_\_ your own behavior as well
* \_\_\_\_\_\_\_\_\_\_\_\_ proper and social behavior and reaction

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ media boundaries –big world and real life drama – prepare teens – any and all situations must begin with conversations

• being consistent – expect push back

•3. Build a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ framework for your platform to be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ not a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reasoning and Relationship**

Parent - “We don’t want to deny them— we just have to be a part of the process”

• Responsibility and critical thinking in a culture that demands action and decisiveness

• Exercise discernment; Phil 4:8 Finally Brothers and sisters whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy think about such things anything is excellent or praiseworthy think about such things

• Individualism must be challenged through relationship, rapport and relevant teaching of Gods word

• Remind them of their identity in Christ- the only solution

• Christ offers a real and lasting sense of worth. Instagram doesn’t. Self-denial, not self-esteem, is actually the solution to our insecurity as we find our value in Christ. Despite what the culture tells your teen, *that’s* the way to overcome their insecurity, not another follower on her Instagram profile.