

5 WARNINGS ABOUT TECHNOLOGY THAT PARENTS NEED TO BE REMINDED OF

Sometimes we just need to be reminded, especially in the changing world of technology. We must approach technology as a tool that can both enrich and challenge your family's faith journey. We can actively engage with your children to help them navigate the digital landscape in a responsible and mindful way.

Here are five warnings about technology that Christian parents should be reminded of:

WARNING #1 - SPIRITUAL DISTRACTION

This may feel like a “Jesus Juke” or a “no-brainer,” However, we very rarely talk about how excessive screen time and constant connectivity can lead to spiritual distraction. We talk about it being a distraction in general but we must acknowledge that it is a spiritual distraction as well. Children might spend more time on devices than engaging in meaningful conversations, prayer, or Bible study. Encourage them to set aside designated times for spiritual reflection and connection with God.

How can you leverage technology for spiritual focus?

WARNING #2 - DIGITAL ADDICTION

Technology, particularly social media, and video games, can lead to addictive behaviors. Children may become consumed by online interactions or virtual worlds, neglecting real-world relationships and responsibilities. Stay vigilant about your child's screen time habits and intervene if necessary.

Do you have set technology time limits and routines?

Scale of 0-5, how addicted are your kids to technology?

5 WARNINGS ABOUT TECHNOLOGY THAT PARENTS NEED TO BE REMINDED OF

WARNING #3 - EROSION OF REAL-WORLD EMPATHY

Continuous exposure to digital interactions might diminish a child's ability to empathize with others in face-to-face situations. Teach them the importance of genuine human connection and help them cultivate empathy beyond the confines of screens. We control their schedules and can influence them to interact face-to-face instead of digitally.

What grade would you give your kids when it comes to real-world empathy? (A,B,C,D,F)

WARNING #4 - COMPARATIVE CULTURE

Social media can foster a culture of comparison, where children measure their worth based on the curated lives of others. Warn them against the dangers of seeking validation from likes, followers, and virtual applause, and emphasize their intrinsic value as children of God. Remind them of their true identity in Christ that is not connected to their social media platforms in any way.

Do your kids have social media? If so, what rules do you have in place? What rules need to be added or adjusted?

WARNING #5 - ONLINE PREDATORS

The digital world exposes children to potential dangers from online predators seeking to exploit their innocence. Educate your children about the risks of sharing personal information, interacting with strangers, and the importance of reporting any uncomfortable encounters to a trusted adult.

By addressing these unique warnings, Christian parents can help their children navigate the digital landscape with wisdom, discernment, and a strong foundation in their faith.

When is the last time you talked to your kids about online safety?