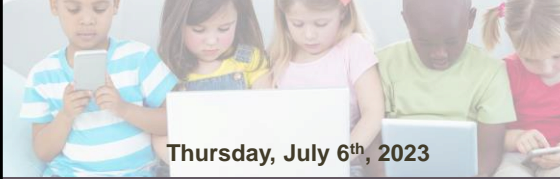


Navigating Technology With Children Webinar



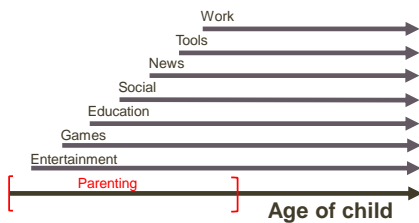
Thursday, July 6th, 2023

Apostolic Christian Counseling & Family Services
877-370-9988 www.accounseling.org info@accounseling.org

The Tech & Kids Parenting Challenge

Parents are asked to lead through waters, some of which, they have not sailed themselves. Through some waters, that in fact, their kids are more experienced.

Technology Use Over Age



Four-Pronged Parenting Approach

Instructive: What should we be teaching our kids?

Protective: What should we be on the alert about?

Engaging: What discussions should we be having with our kids?

Redeeming: How do we use technology to our advantage?

Instructive: Teach

The power of attention - we become what we pay attention to.

The economy of social media - if you are not paying for the product, you are the product.

Technology algorithms - stimulate the dopamine reward system of your brain. We want more.

Protective: Alert

Unhealthy screen content: entertainment, games, photos, videos, articles, apps that harm.

Sextortion: predators groom and coax people to share photos and videos of themselves for the purpose of blackmail.

Security: An understanding of online safety.

Engage: Discuss

- Is it real or fake, true or false?
- How is technology affecting my well-being?
- How is technology affecting my relationships?
- Is technology a good use of my time?

Redeem: Encourage

- Staying connected.
- Safety
- Teaching concepts.
- Syncing schedules.
- Capturing fun moments with photos and video.

Resources

Consult:

- ACCFS website [Technology - ACCFS \(accounseling.org\)](http://www.accounseling.org)

- Focus on the Family's www.pluggedinonline.com

- www.common sense media.org is a secular resource website to stay informed on new technology.

- Others within the church family who are knowledgeable.