



# PARENTING IN THE DIGITAL AGE

*Discussion  
Guide*

## TIPS *from* TONY

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- 1 Remind your teens that social media is not life-giving.
- 2 Delay smartphones at least until you know how teens use them.
- 3 Inside the home, moderate the wifi.
- 4 Outside the home, connect without smartphones.
- 5 Stair-step technology over the years.
- 6 Consider not buying teens their own phones.
- 7 Write a smartphone contract.
- 8 Lead with the future.
- 9 Keep building the church.
- 10 Focus on the affections.

## DISCUSSION QUESTIONS

- 1 Which items on the list is your family currently doing well?
- 2 Which items do you most want to work on implementing in your family?
- 3 Are you currently modeling the smartphone behaviors you wish to see in your children?

## ACTION STEPS

- 1 **Develop a plan for your own smartphone use.**
  - Check your screen time statistics.
  - Review page 200 in *12 Ways Your Phone is Changing You*.
  - Read the article “Know When To Walk Away” by Tony Reinke at Desiring God.
- 2 **Write a smartphone contract for your family.**
- 3 **Discuss your plans with your life group or discipleship group.** Contact Matt Lear (mattl@churchatthecross.com) if you would like help finding a life group.

