

Navigating **technology** with your **junior higher.**



Set the tone.

Prepare them > protect them.

Junior highers today have never known a world without technology at their fingertips. The goal as parents isn't to protect them from technology - the goal is to prepare them to use technology responsibly.

You make the decisions.

Just because "everyone else's parents" let them have a phone or make certain decisions regarding technology, that doesn't mean you have to make those same decisions. Trust your parenting instincts.

Think long-term.

What are your hopes for your kid when it comes to technology by the time they graduate high school?



Make a plan.

Set expectations on the front-end.

Talk about the expectations and rules you want to set *before* you allow them to have the phone or make a social media account.

Talk about tech stuff often.

Things to think about...

- Where do devices "sleep" at night?*
- When are the "tech-free times" in the week?*
- What content filters are being used?*
- Who decides what apps can be downloaded?*
- Who sets the passwords?*
- Do you have code words for emergencies and other situations?*
- Which social media platforms are you ok with?*

They are digital natives.

Your kid probably already knows way more about technology than you do. It's one of the things that sets their generation apart from every other. They don't just view technology as a space to consume - they view it as a space to create, connect, and innovate. What would it look like for you to let your kid teach you things about technology and have conversations about how they can leverage technology to make the world around them better?

Let them lead!

A tech-fueled faith.

There are so many ways that technology can help encourage a junior higher's faith development. Here are some tools that we recommend checking out:

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| YouVersion Bible App | Echo Prayer App |
| The BibleProject | Dwell: Audio Bible App |
| Prayminder App | Verses App |