



Below is a note from guest speaker Lori Getz which provides caregivers reminders and follow-up conversation prompts coming out of our webinar together

Dear Parents/Guardians,

Thank you for taking the time to learn more about how to discuss technology and screen related issues with your children. Remember, we must accept two truths in order to having meaningful conversations:

- Technology is like slang, so they will always decide what's trending
- There is no such thing as full "parental control."

We focused on issues related to privacy, personal safety, attention, dealing with drama, and general health and wellness (physical, emotional and relational). While I strongly believe technology has the power to bring us together, it also can be used as a tool to divide, spread hate, and even make children question how best to derive their self-worth.

Hopefully, after our discussion today, you feel more equipped to discuss the power of data mining and why it matters, status obsession, how to curb unhealthy habits through role modeling, practice and accountability, and how to make healthier choices so they match your family values.

Below are a few prompts you can use to keep the conversation going at home and help to improve everyone's habits around technology use.

Based on our new definitions of privacy & personal safety along with understanding the physical, emotional and relational benefits and consequences, discuss the prompts below in a holistic manner. Think about what may be driving the behavior and focus on leading with curiosity and not judgement. How might your child respond to these stories. Where do they see an issue or an opportunity?

Prompt 1: Jordan is 13 and wants to be a YouTube star. He focuses on how many subscribers he has and feels better about himself when people “Like” or post nice comments on his account. He sometimes obsesses over what he will do next and how to get even MORE likes and subscribers the next time. Sometimes, people say horrible things. When his friends or parents ask him about the hate he gets, he pretends like he doesn’t care but he thinks about it more than he wants to. He worries sometimes that people will stop watching his channel if he doesn’t spend enough time on it and that does interfere with other things he likes to do. But he LOVES his audience and doesn’t want to disappoint them and deep down, doesn’t want to stop receiving the attention.

Do you think Jordan is in a healthy space emotionally? How can Jordan continue to put out content that may matter to others without it taking a toll on his self-worth?

Prompt 2: Jamie is an avid gamer and Netflix watcher. Jamie often plays for hours at a time with a group of “friends” online or some days chooses to watch a few episodes of their favorite series in order to unwind. Jamie often starts homework late at night because soccer practice starts right after school; Jamie’s family requires they eat dinner together and then Jamie likes to relax for a bit before starting homework. By the time Jamie starts homework it’s 9 at night and there is at least 2 hours of homework before heading to bed. Jamie keeps the phone close and feels the need to respond to group texts and Snapchats. Jamie never seems to get the work done quickly and gets tired and frustrated. Jamie argues with mom and dad a lot. Jamie’s parents threaten to take away devices, and the whole thing starts again the next day without any resolution.

What technology-related distractions do you face? What changes need to be made? How do you make those changes? Why haven’t you made those changes yet? If you have, how have the changes affected your ability to learn, sleep and engage with your family and friends in a more productive way?

Prompt 3: Lacy is struggling with her relationships. Her friends run hot and cold and she never feels like she is 100% part of the group. She has an amazing group of followers online, both on Instagram and TikTok. She regularly communicates with people she has met online. She loves the attention she receives from her virtual world. She experiments with language and sharing risqué photos for reactions, trying on different personalities and feels safe because in her mind, “it’s not real-life – it’s just online.” She is careful to video chat with people so she doesn’t get catfished. Most of the attention comes from boys her age or slightly older and has only had to deal with a handful of “creepers.” Many nights she goes to bed playing the day’s events (more specifically the online events) in her head. She wonders why she does this and why she is unwilling to stop. She doesn’t tell anyone about it for fear of them making fun of her or telling her to stop.

What happens next? What is the best case, worst case and MOST LIKELY scenarios? Is she participating in risky behavior and what can she do to get help?

Prompt 4: Name 3 habits people have with technology that you see as rude. Do you participate in these habits? How could you change these habits to better mimic your manners in real life?

For more information on these topics and more, please visit:
<http://www.lorigetz.com/resources.html>