



# Raising Kids In A Digital Age Discussion Guide

## EPISODE 1: MANAGING THE TENSION

Remember life before smartphones? Do you ever wish we could go back to those days?

Chances are your kids won't ever distinguish between being online or offline because, for them, life IS partially online. So ... since our digital devices are here to stay, how do we manage their impact on our lives? How do we navigate the tension when our kids seem obsessed with screens and parents might be a wee bit addicted, too?

Listen to Episode #1 then have use the questions below to have a candid conversation about managing the tension tech brings.

### TALK ABOUT THIS:

- What are your personal experiences and relationship with technology? How addicted or averse are YOU to your devices?
- As you consider your kids, where do you fall on the technology pendulum? Are you more likely to see devices as a non-issue or are you hyper-concerned? Does it vary? Why?
- What are your emotions and experience when it comes to parenting around technology?
- In what ways do you relate to the idea of being a “**digital immigrant?**” How are you resistant or reluctant to embracing the new “motherland?”
- In what ways do you see your kids exhibiting the characteristics of a “**digital native?**” Which of their practices worry you most? Which excite or encourage you most?
- In what ways can you connect with your kids THIS WEEK to understand more of their world? What specific app/game/YouTube star is an opportunity for them to teach to you?

### RESOURCE:

**BOOK: Right Click: Parenting Your Teenager In A Digital Media World**  
by Dr. Kara Powell, Art Bamford, Brad M Griffin