Raising Kids In A Digital Age Discussion Guide

EPISODE 3: TOWARD DIGITAL MATURITY

In the last episode, we established that the primary role of a parent is to lead our kids to become "digitally mature" users. Helping kids become mature is common to parenting (helping them learn to do their own laundry, work, pay bills, date and marry, etc).

Still, when it comes to technology, where do you begin? How do you know that maturity actually exists? Listen to Episode #3 as a prompt for the discussion questions below.

TALK ABOUT THIS:

- How would you define "digital maturity?" How might it differ from the episode?

- From your perspective, which seems to be the biggest challenge for your kids:
  - **WHEN they use it.**
    - What times or environments seem to provide the greatest challenge? What ideas have you tried to bring attention to inappropriate times to be on screens?
  - **HOW MUCH they use it.**
    - What current parameters do you currently maintain about quantity of screen use? How well is it working? What makes it challenging?
  - **WHY they use it.**
    - What are some deeper reasons you feel your kids are attracted to technology? What detrimental appetites might it feed? What conversations might help get to the bottom of their needs and intent?

- Ask your kids to identify their challenges in the WHEN/HOW MUCH/WHY categories, too. What did they say? Did their perceptions match yours? Which of the three are YOUR greatest challenges with technology?

- How do you rate your ability to discuss your family tech struggles? Share your best practices to normalizing and making the conversation easier and more effective.

RESOURCE:
BOOKS: <ins>12 Ways Your Phone Is Changing You</ins> by Tony Reinke
         <ins>Screens and Teens: Connecting with Our Kids in a Wireless World</ins> by Kathy Koch