

Questions to get the ball rolling on thinking through technology and our families use of it.

Tech & Time

- Scale of 1-10---10 being we spend too much time with technology, how do we do as a family?
- When are the times tech is appropriate to use?
- What are the times that we as a family should disengage from tech?
- What do we want to be using technology for?
- How much time should we be on screens daily?
- What limits should we set for Social media?
- How does your time with technology impact your relationship with Jesus?

Tech & Sleep

- Is everyone in our house getting enough sleep? Why/why not?
- What should we do to make sure we are protecting everyone sleep in the house?

Tech & Sexuality

- Have you ever encountered pictures or videos with nudity? What did it make you feel or think?
- When it comes to technology we all stumble across images that can be harmful to us, as a family what do we do when we see these images?
- What can we do to keep away from these images?
- What should we do when a friend or family member shows us inappropriate images?

Tech & Mental Health

- How does technology impact the way you feel about yourself?
- -Video games, tv, youtube, Instagram, texting, pinterest, snap chat....
- Should we limit the amount of time on these platforms?

Tech & Safety

- What should we do to keep safe online in the following areas:
- -In talking with other people.
- -In sharing information.

- What type of things need to be talked about with parents?

Best Practices

- Review the best practise list--- how do they feel about those practices?
- Review other ideas that you have heard or researched with your family

Other Questions

- What guidelines do we all agree too?
- What are the consequences for breaking our family guidelines on technology?
- If we are taking times away from technology, what should we be filling our time with?