

Grace Church

Parenting Seminars

June 4
Parenting with Gospel Aim

June 11
Parenting through Gender Chaos

June 18
Parenting through Social Pressures

Aim

To glorify God by guiding our children to a saving faith in Christ through the faithful proclamation of the gospel and by the faithful shepherding of their souls as parents.

Social Media Effects on Teenagers

- 95% of youth ages 13–17 report using at least one social media platform for an average of 3.5 hours a day. More than a third say they use social media “almost constantly.”
- A growing body of research links the use of social media to detrimental changes to cognitive development and mental health, especially during highly sensitive ages of 10-19.
- Persistent use of social media could lead to distinct changes in the development of your brain.

- Every hour spent on social media correlated with a 13% increase in the risk of depression.
- Adolescents who spent more than 3 hours per day on social media faced double the risk of experiencing poor mental health outcomes than their peers.
- Suicidal thoughts among teenagers are up nearly 60% from a decade ago.
- All the studies show that limiting or eliminating social media decreases depressive symptoms and increases perceived well-being.

Recent Studies, Reports, & Warnings

The Center for Disease Control & Prevention Survey on Teenage Depression

Surgeon General Issues New Advisory About Effects Social Media Use Has on Youth Mental Health

Dangers of Social Media

Exposure
Oversharing
Impulsivity
Health Risks.
Bullying
Strangers
Erosion of Privacy
Distorted Perception

Unhealthy Patterns of Social Media Use

Constantly Comparing
Validation

Instant Gratification

Becoming Oversexualized

Lack of Sleep

Wasting Time

What Parents Can Do?

Create a Family Media Plan.

Create Tech-free Zones

Encourage In-person Friendships

Device Free Meal Times

Model Responsible Social Media Behavior

Set Age Appropriate Boundaries

Collaborate with other GC Families

(1) Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. (2) And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

— Romans 12:1-2

Resources:

When People Are Big and God is Small by
Ed Welch

12 Ways Your Phone Is Changing You by
Tony Reinke

1. When it comes to technology and its potential dangers, what specific heart issues do we need to address as parents?
2. Knowing that teens are digital natives whose social fabric is wrapped up in technology, in what ways do we need to be more sensitive and understanding in this area?
3. What standards or boundaries do you have in place regarding the use of technology (television, computers, gaming systems, tablets, phones in your home? Time frames? Time limits? Locations?

4. What restrictions are in place for your children regarding phone use? Age? Are there certain apps you should warn others about?
5. What is the policy regarding social media platforms in your home?
6. Do you need help navigating these things from a more tech-savvy brother or sister?
7. What beneficial use are your children getting from technology? Is it worth the risk? How can you shepherd your children with the balance between benefits and risks?