

Intentional Parenting Worksheet “Social Media & Smart Phone Use”

Step One – Three-Week Cold-Turkey Social-Media Family-Detox

- **For 21 days, get off social media entirely together.**

- Start Date: _____

- End Date: _____

- Rewards for Success:

- Consequences for Failure:

Ideas that will help:

- Have an initial family discussion on your purpose, boundaries, rewards, and consequences
- Completely delete the apps from your devices
- Keep an emotional/spiritual journal all 21 days
- Do daily accountability check-ups with your child
- Have regular family debriefs about challenges and observations

Step Two – New Healthier Rhythms

- **Experiment with new embodied rhythms in the absence of social media**

- Rule of Life – rhythms and restrictions that help us connect with God and resist popular culture.

NECC Corporate Rhythm: daily prayerful engagement with God’s Word

NECC Corporate Restriction: Limiting the quality and quantity of your screen intake

Here are some other ideas.

- Read Matthew, Mark, Luke, and/or John
- Sign-up for our Bible Reading Plan (text “Bible” to 833-275-2412)
- Go for a walk at sunrise or sunset
- Facetime/Call a friend
- Exercise
- Read a book
- Cook some family feasts
- Learn a new hobby with your hands
- Do something outside
- “Tell me about You” Convos w/friends
- Buy a “*I Want to Hear Your Story Dad/Mom*” journal

- Ideas you will try:

Step Three – Parent-Child Theological Evaluation

Have some grown-up faith conversations about the inherent goodness of social media with your kids.

Sample questions to talk through:

- What are my values when it comes to what I watch, read, or listen to?
- What do you think pleases God about social media?
- What do you think angers God about social media?
- How does social media make me more or less like Jesus?
- How much work have I done to understand the harms related to social media?
- What are the voices on social media teaching me about: identity, purpose, money, sex, politics, conflict, justice, relationships, religion, etc.?
- How does being on social media make me feel?
- What is the appropriate level of time on these platforms for my age?
- How do I feel after detoxing from social media?
- Did I gain anything by losing social media?
- How can I know if I'm addicted to it?
- What sort of content should I personally avoid because of my wirings and weaknesses?
- How can social media help me serve God and others?
- How can social media help me share the Gospel?
- Can social media help me build my closest relationships?
- Can social media help me have healthier conversations?
- Should there be any screen-free times in my life?
- What accountability measures are in place to help me?

Step Four – Collective Action

- **Coming together as a community to create meaningful change**

- Who are my kid(s)' closest friends that might partner with me on this?

- What can we commit to together regarding our children's social media and smartphone use?

- A few books we can read together:
 - *Anxious Generation* by Jonathan Haidt
 - *Parenting with Hope* by Melissa Kruger
 - *Intentional Father* by Jon Tyson