



# ***Addicted to Social Media***

*Helping Parents & Youth to Climb Back Out*



# What Are Young People Addicted To?

## Statistics on Teen Social Media Addiction

- 92% of teens go online daily, and 24% say they go online “almost constantly.”
- 76% of teens use social media (81% of older teens, 68% of teens ages 13 and 14).
- 71% of teens use Facebook, 52% use Instagram, 41% use Snapchat, 33% use Twitter, and 14% use Tumblr.
- 77% of parents say their teens get distracted by their devices and don’t pay attention when they’re together.
- 59% of parents say they feel their teen is addicted to their mobile device.
- 50% of teens say they feel addicted to their mobile device.
- Sources: Pew Research Center and Common Sense Media



# Where Does It Lead?

- Depression
- Eating Disorders
- Self-harming behaviors
- Substance abuse
- Bullying/Cyber bullying
- Objectification of others
- Minimization of mature, healthy relationships
- Only source of wisdom being their own peers



# Why Are Parents Allowing It?

- We haven't thought it through
- Culture pressure – “It's what kids are doing”
- Feeling inadequate – not knowing how to keep up with technology
- We value compliance, over regular dialog (or relationship)
- We look for quick fixes rather than teaching stewardship



“In many a Christian home a child is told what he may and may not do – but is not trained to understand why. That method, quite frankly, is lethal...Deep within, he lacks the rationale, the conviction necessary to stand alone against a powerful world system.”

- C. R. Swindoll





# **Rules** Without **Relationship** = **Rebellion**



“Trust, and not submission,  
defines obedience.”

*A Gathering of Days*, Joan W. Blos, 1979



## Deuteronomy 6:6-9ff

“And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates.”



# What Are We Aiming For?



That my teenager  
understands every area of  
life in the context of God's  
world and how to live in wise,  
godly ways.





“Have we talked with our children this week about the delights of living more than the disciplines of living? Have we inspired and guided them more than we have corrected them?”

– V. Gilbert Beers



# Don't Be Reactive in Your Parenting



It is far better to proactively shape a child's understanding of a subject than to debunk an inaccurate view.



# Kids Are Interpreters

Children interpret life and experiences, whether or not we talk to them about it. Often we avoid discussing what we don't want to deal with, thinking that children will not think about it. The problem is that children already are thinking, interpreting, and drawing conclusions about their life – and they are doing it without any loving guidance or a redemptive worldview.



# Fostering Conversation



“The skill is to listen,  
The gift is to hear.”



Talk Often.  
Talk Freely.  
Talk Soon.





# Teach Young People

- Teens must realize that everything they put online is both public and permanent
- There is no such thing as “privacy” or “deleted” in the online realm
- Parental controls have holes – it can complement, but not replace teaching teens good values and practices
- Teach that God Creates, the world corrupts (iPhone example)
- Instill personal convictions



- Talk to their kids in an effort to prevent an issue
- Help kids be responsible and respectful in everything they say and do
- Inform their kids about appropriate and responsible use of digital tools and technologies
- Communicate a Christ-like mindset
- Repeatedly shape where identity is found and where it cannot be found
- Teach self-restraint
- Do not cave to cultural norms
- Know the temptations your children face, and their personal weaknesses and temptations.



# Commit to Understanding Your Child



“Counsel in the heart of man is like deep waters,  
but a man of understanding will draw it out.”

Proverbs 20:5





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