

The
**TEEN'S
GUIDE
to SOCIAL
MEDIA...**
& Mobile Devices

21

TIPS TO WISE POSTING IN AN INSECURE WORLD

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QUESTIONS TO PONDER

1. Have you ever spent time with someone who was glued to their phone, even when you were trying to hang out with them? How did you feel?
2. Have you ever done that with a friend? With a parent?
3. Why do you think the “unplugged” kids in the UCLA study mentioned above were better able to understand emotions and nonverbal cues than the plugged-in kids after just five days without any phones or media?
4. Why do you think kids who are sitting around staring at their phones consistently “seem to understand each other less”?
5. Why does someone who is self-absorbed have fewer friends?
6. What is Jesus’ simple advice to us about the way to treat others?
7. What did He mean when He said this advice was the “essence” of all that was taught in the Bible up to that point? How important is that?
8. I asked it at the end of this chapter, but let me ask it again: What is a way you can “do to others what you would like them to do to you” this week?
9. Google the word “empathize.” What does it mean? How can you live that out this week?

QUESTIONS TO PONDER

1. Why do you think people don't wear seatbelts? Is it worth it?
2. Over half of parents never talk with their kids about privacy settings. Why do you think this is?
3. Have you ever given out your information or access to your data and regretted it later?
4. Did any of these recommended privacy practices make you think twice? Which ones?
5. Who will you allow to "see your stuff"?
6. What might you need to adjust in your location controls? Why?
7. Who is a trusted adult you can talk with about these kinds of choices? When will you connect with them next?

QUESTIONS TO PONDER

1. Is sending nudes a common occurrence at your school or among young people in your area?
2. Have you ever known someone who sent or received a nude pic? What happened?
3. How often have you encountered someone you know posting *anything* inappropriate?
4. Why do you think these people aren't worried about these posts coming back to haunt them?
5. What are some of the common ways you think inappropriate posts come back to haunt people?
6. What advice does Peter give us for how we should live our lives?
7. What does an "honorable life" look like on social media today?
8. How does living an honorable life silence accusers?
9. Do you need to make any adjustments in what you post? Give an example.

QUESTIONS TO PONDER

1. Where do you think many young people first encounter sexual imagery today?
2. Do you think most young people you know feel that sexual imagery is something to avoid? Why or why not?
3. What is one of the common results of porn viewing you read about that stood out to you?
4. What does Jesus say specifically about lust? How does this relate to porn?
5. Why do you think God wants us to enjoy only one person intimately, even to the point of not “looking around” at others?
6. What is some of the advice Paul gave in 2 Timothy 2:22? How does that relate to you?
7. Is there a “trigger” you may need to remove from your life? (An app you need to delete, a device you need to remove from your bedroom, a channel you need to tell your parents to block?)
8. What is one thing you can do this week to escape the shackles of pornography?

QUESTIONS TO PONDER

1. Why do people winning awards always feel compelled to thank people who helped them along the way?
2. Which adults in your life have been influential to you so far?
3. Drew Appleby said, “Mentors help people determine who they want to become, how they must change in order to become these people.” What do you think are the benefits of having someone else help us “change” for the better?
4. What is one area a mentor might help you “change”?
5. Who is someone you admire for their faith, their wisdom, and the way they handle others?
6. What actions can you take this week to seek out a mentoring relationship with this person or someone similar?

QUESTIONS TO PONDER

1. Why do people feel more confident to act cruelly or carelessly when they are anonymous?
2. What are healthy ways young people can practice their independence?
3. What have you noticed from people in anonymous settings like the comment section of websites?
4. Do your words actually matter? Explain.
5. In 1 Peter 4:11, how does Peter say we should speak? What does that mean?
6. What does the verse mean when it says, “. . .so that in all things God may be praised through Jesus Christ”?
7. How can our words and actions reflect Christ?
8. What might it look like in your life to consider what God wants you to say or do before saying or doing it? What is one way you can live that out this week?

QUESTIONS TO PONDER

1. Why do you think so many people enjoy talking with strangers online?
2. Have you ever encountered creepy people online? What happened?
3. Why do so many teenagers think nothing bad will ever happen to them? Why do you think so many young people are blind to predators?
4. Is there a possibility you are overconfident about your immunity to online predators? Explain.
5. What did Paul mean by “Bad company corrupts good character”?
6. What does that look like in the online world?
7. What does that look like in your world?
8. What is one online habit you might need to adjust this week?

QUESTIONS TO PONDER

1. Do you agree with the studies showing that too much social media leads to a lack of empathy or compassion for others? Explain.
2. What are the character traits of someone who is self-absorbed? What is it like to hang out with this person?
3. Now think of someone who is truly considerate of other people and looks out for others' interests before their own. Describe what it's like to hang out with this person.
4. Which of these types of people do *you* hang out with more often?
5. Which of these are you?
6. Give an example of what it might look like for you to consider others better than yourself and not look out for your own interests but the interests of others.
7. What would this look like in your world of texting, social media, or gaming?
8. What is something you can do to live out selflessness this week?

QUESTIONS TO PONDER

1. Why do you think people post so many pictures of themselves today? Is it just an expression of creativity or a way of documenting the moment. . .or could it be an effort to receive validation? (Or a mix of some of these?)
2. Have you ever posted something that received a lot of likes? How did that make you feel?
3. Be honest: Have you ever been disappointed by a lack of likes?
4. What do you see valued or “liked” the most in the world of social media?
5. Why did Samuel value Eliab the most?
6. According to verse 7, how do people judge others? Give an example of how that’s true today.
7. According to the same verse, how does God judge people? What does that mean?
8. Why does God care more about who we are inside?
9. How can you develop who you are on the inside?

QUESTIONS TO PONDER

1. What do you think of Snapchat?
2. Why do you think Snapchat has grown so popular?
3. According to the passage above, why is it that people love darkness more than light?
4. Why don't people want their sins exposed?
5. What are some of the ways people "refuse to go near the light" today, for fear "their sins will be exposed"?
6. What are the dangers you notice about Snapchat?
7. Do you think using Snapchat would be wise for you? Why or why not?

Sound like a lot? It’s an interesting figure to add up in your own mind. Try it. Add up how much time you spend each day. . .

- ___ Watching TV/DVDs/videos/Netflix
- ___ Listening to music
- ___ Playing video, computer, or mobile games
- ___ Using social media
- ___ Browsing websites
- ___ Doing other activities on a computer or mobile device
- ___ Reading magazines or books (categorized as “entertainment media”)
- ___ Video-chatting
- ___ Going to the movies

Here are the daily averages for teenagers:

Watching TV/DVDs/videos/ Netflix:	2 hours 38 minutes
Listening to music:	1 hour 54 minutes
Playing video, computer, or mobile games:	1 hour 21 minutes
Using social media:	1 hour 11 minutes
Browsing websites:	36 minutes
Other activities on computer or mobile device:	32 minutes
Reading magazines or books:	28 minutes
Video-chatting:	13 minutes
Going to the movies:	03 minutes
TOTAL:	8 hours 56 minutes¹

QUESTIONS TO PONDER

1. Did the fact that kids spend an average of six to nine hours a day using entertainment media surprise you? Why or why not?
2. Do you think those numbers accurately depict you and your friends? Explain.
3. Are there any areas where you spend *more* than the average time? If so, which ones?
4. Are there any areas where you spend less time?
5. How do you measure up with the recommended hour of exercise each day? How's that working for you?
6. Why do you think doctors are recommending only one to two hours a day of screen time? What would that look like in your life?
7. What is something you can do, starting this week, to make sure you aren't digesting too much screen time?

QUESTIONS TO PONDER

1. Have you ever gone without your phone or technology for a lengthy time? What happened?
2. How would you respond if your teacher or youth pastor challenged you to give up your phone, Internet, and entertainment media for a few days?
3. Which app, feature, or form of entertainment would you miss the most?
4. Is there a time of day you could try putting your phone away? When?
5. What will you do if your family and friends aren't excited about trying tech-free moments?
6. In the Bible story, what was Martha distracted by? Is it wrong to cook dinner?
7. What was Jesus' advice to her in verse 42? What is the "one thing" worth being concerned about?
8. How does this story relate to the ways we become distracted today?
9. What distractions might be keeping you from focusing on what's important?

QUESTIONS TO PONDER

1. Why do you think some moms and dads “stalk” their kids on social media? Is this right?
2. Why are so many young people resistant to having their parents connect with them on social media? Is this fair?
3. How can a parent show care and effectively teach you responsibility on social media?
4. According to the passage from Ephesians, what happens if you honor your father and mother? Why do you think God said this?
5. What are some ways things could “go well for you” if you honored your parents?
6. What is a way you can honor your mom and dad in the world of social media?
7. What is something you can do this week to show them honor?

QUESTIONS TO PONDER

1. What are some fads, trends, or even funny viral videos you remember that had a huge following?
2. What are some songs, TV shows, and videos you really enjoy?
3. Why do you think listening to sexual content in music or watching sensual music videos increases risky sexual behaviors?
4. What are some examples of “sexualization” you notice in the world?
5. Read Colossians 3:1–17. What are some examples of how this passage specifically applies to your own entertainment media diet?
6. What are some specific adjustments you might need to make in your entertainment media diet?
7. How can you live life as a representative of the Lord this week?

SOMETHING TO TRY THIS WEEK

1. Read Colossians 3:1–17 every day this week, asking God to speak to you specifically about your entertainment media.
2. Pray and ask God two questions: “Is there something I need to remove from my entertainment menu?” and “How can I better represent You in everything I say and do?”
3. Look for places where you can soak in truth and not be bombarded with lies: church, church youth group, Bible studies, and friendships with others who hold the same biblical values.

QUESTIONS TO PONDER

1. Have you ever regretted something you posted? What happened?
2. What would you do differently if you could do that situation over?
3. Have you ever unintentionally hurt someone with something you posted? What happened?
4. Do you think any of the young people in this chapter foresaw the probable consequences of their words? Should they have? Explain.
5. What did James mean by “slow to speak” in James 1:19?
6. What might that look like in relation to social media today?
7. What is one way you can avoid regretful posts in the future?

QUESTIONS TO PONDER

1. Have you ever witnessed someone being cruel online? What did you notice?
2. Have you ever been the target of online cruelty? What effect did it have on you?
3. Describe a time when you said something or posted something mean and regretted it later.
4. Why do words “pierce like swords”?
5. According to the proverb, whose tongue brings healing? What makes a person “wise” in this way?
6. What are some ways someone could use kind words on social media?
7. What is a way you can be “wise” on social media this week, bringing healing to those you engage in conversation?

QUESTIONS TO PONDER

1. What do you think are some of the “urgent” tasks people want to do most while driving?
2. How urgent are these tasks if they risk killing someone?
3. What laws do you think would be helpful in regard to “messaging and driving”?
4. What do you think distracts you (or will distract you) the most while driving?
5. What can you do when you drive to avoid being distracted by your phone?

QUESTIONS TO PONDER

1. Why do you think so many young people think sending nudes is “no big deal”?
2. What are some of the unforeseen consequences of a young teenager sending a nude picture of him- or herself?
3. Why do you think Paul warns us to run from sexual sin?
4. What are some examples of sexual sin? (Look back at Matthew 6:28 if you must.)
5. What are ways we can “run” from these kinds of temptations today?
6. What do you need to adjust in your world of technology and/or entertainment media to help you avoid these kinds of temptations? Explain.

QUESTIONS TO PONDER

1. Have you ever had someone lie to you or do something behind your back like in the story of Allison and Trevor?
2. Why do the majority of young people have no problem hiding things from their parents?
3. David uses several different terms to describe honest people. What does each of those terms mean?
4. How can we be faithful to our friends?
5. How can we be faithful to our parents?
6. What might you need to change about your social media habits?

QUESTIONS TO PONDER

1. Do you think you get enough sleep at night? Why or why not?
2. Why do you think people with devices get less sleep than people without?
3. Why do you think social media makes the problem even worse?
4. Have you found devices distracting to you come bed-time? How so?
5. What is a good way to keep your devices from distracting you from sleep?
6. What is something you can do this week to make that happen?

QUESTIONS TO PONDER

1. Share a time you've witnessed someone so distracted with their device, they had no clue what was going on around them. (I don't think it will be difficult to think of an example.)
2. Share a time when you were similarly distracted by your device.
3. What is a good way to keep your phone from distracting you from your physical surroundings in situations like these?
4. Where are some places you might need to practice "looking up"?
5. In the Bible passage I shared from 2 Timothy, Paul said the scriptures he was taught gave him wisdom. Name one piece of wisdom that impacted you from the scriptures you read in the pages of this book.
6. What is one area of your life where you need to let scripture correct you and "teach [you] to do what is right"?
7. What will that look like in your life this week?

Notes

A Note to Mom or Dad Screening This Book

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A Note to You

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Tip #1: Love the one you're with.

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Tip #9: Like me!

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