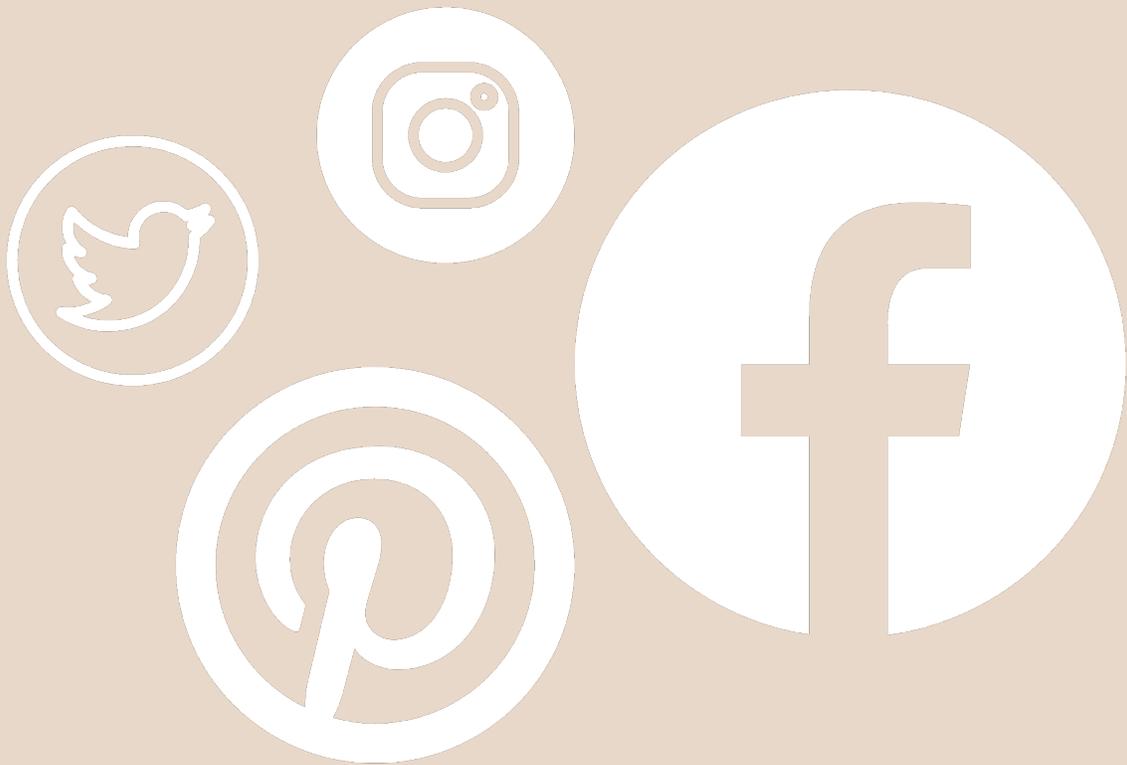


*Eight*  
**SOCIAL MEDIA TIPS  
FOR FAMILIES**



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# Eight social media tips for families

Let's lead our families back to solid ground

By Terra Mattson

1. Watch *The Social Dilemma on Netflix*. View it together with your family, if kids are old enough, and have conversation about it.
2. **Check out my dialogue** with my husband, Jeff, from November 18, on [Courageous Girls Facebook Live](#).
3. **Create a digital device family contract** and start using it! Include everyone. Renegotiate as needed.
4. **Talk to your kids about the hard why**. We need to teach them to swim in the shallow end of the pool before we toss them into the deep end of social media and smart devices that are trying to woo them as potential consumers.
5. **Ask them for honest feedback regarding how you are doing with your own screen time** (TV, computers, gaming, phone, social media. etc.)? Be open to listening to the feedback given and then take that feedback to God in prayer.
6. **Consider waiting to hand your child a smart phone as long as you can**. There are other phone options, like the [GABB phone](#), to fill the need for a communication tool. The smart phone does create addiction tendencies and can cause higher levels of anxiety, attention deficient, depression, and other mental disorders. Smart phones also make boundaries tougher to implement around social media usage, because of the availability and accessibility.
7. **Wait until high school (or beyond) for social media on any device, and then limit usage to 1-2 platforms**. Every child is ready at different ages. There is not one standard "fit." Be thoughtful and do your own research. Have full access to all accounts and have regular dialogue regarding usage, time limits, messages your child is wanting to give others, and how she can engage her friends in more "real life" ways. Having a text conversation is not the most helpful skill set for life.
8. **Most young adults complain that they have higher anxiety having face-to-face conversations than over a device**. We need to change this phenomenon quickly and Courageous Girls is part of that movement. Check out the topics and conversations at [www.mycourageousgirls.com](http://www.mycourageousgirls.com). You'll find curriculum, hot topics and resources to help you.

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