

Digital Discipleship

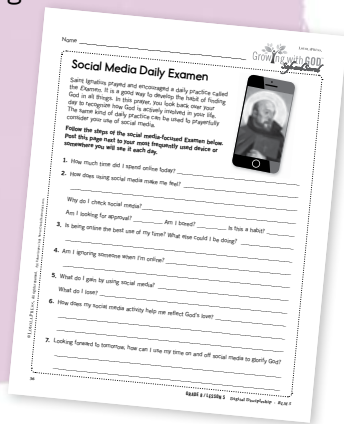
Social Media and Relationships

Social media can have various effects on relationships. Discuss positive uses for social media, such as keeping in touch with friends, and invite your child to share his or her ideas. Encourage your child to talk about any troubling effects of social media, such as feeling sad, jealous, or unpopular after reading certain posts. Help your child understand that most people share only the highlights of their life online and that all people have struggles, no matter how perfect their lives may seem.



Social Media Daily Examen

Discuss with your child the importance of having healthy online and offline habits and making good choices when using devices. Share ideas for healthy habits, including setting a timer or making plans to do offline activities. Review the Social Media Daily Examen handout with your child and invite all family members to make a social-media focused Examen.



Practicing Moderation

The virtue of moderation, or self-restraint, helps us use social media wisely, safely, and positively. Tell your child about time you felt the need to check something online while you were doing something else. Ask your child to share his or her experiences. Guide him or her to understand that when we are drawn to our devices, we can be pulled away from God and one another. Make a plan for device-free family time.



Finding and Maintaining Balance

Remind your child to put nothing before our relationship with God, to always be present with one another, and to maintain an appropriate balance between the time we spend online and offline. Pray together asking God for his help and guidance.



Name _____

Social Media Daily Examen

Saint Ignatius prayed and encouraged a daily practice called the *Examen*. It is a good way to develop the habit of finding God in all things. In this prayer, you look back over your day to recognize how God is actively involved in your life. The same kind of daily practice can be used to prayerfully consider your use of social media.



Follow the steps of the social media-focused Examen below. Post this page next to your most frequently used device or somewhere you will see it each day.

1. How much time did I spend online today? _____
2. How does using social media make me feel? _____

Why do I check social media? _____

Am I looking for approval? _____ Am I bored? _____ Is this a habit? _____

3. Is being online the best use of my time? What else could I be doing? _____

4. Am I ignoring someone when I'm online? _____

5. What do I gain by using social media? _____

What do I lose? _____

6. How does my social media activity help me reflect God's love? _____

7. Looking forward to tomorrow, how can I use my time on and off social media to glorify God?