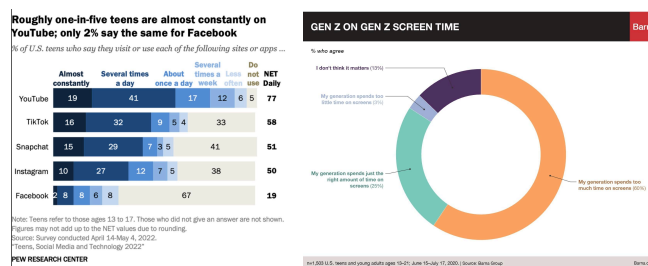


AN HONEST GUIDE TO PARENTING

UNDERSTANDING MEDIA CONSUMPTION

- The average teenager spends 4.8 hours per day on social media, according to this [Gallup pole](#). Another article explains how teenagers spend more than 40 hours per week on technology.
- 60% of teens think they spend too much time on social media, according to [Barna Group's research](#).
- 95% of teenagers use YouTube. Tik Tok is the preferred social media app amongst teenage girls, and YouTube is the preferred social media app amongst teenage boys, according to this [Pew Research Center](#) article.



TACTICAL PARENTING RESOURCES

1. [Loving Our Kids on Purpose](#) by Danny Silk
2. [Raising Passionate Jesus Followers](#) by Phil Comer
3. [Raising A Modern Day Knight](#) by Robert Lewis
4. [The Father Code](#) by Zack Blair
5. [The Intentional Father](#) by Jon Tyson
6. [The Strong-Willed Child](#) by James Dopson
7. [Hill City Kids Declaration](#) by Lauren Blair
8. [Dad Awesome Podcast](#) by Jeff Zaugg
9. [Intentional Parents](#) by Phil and Diane Comer
10. [Focus on the Family](#) Podcast
11. [Habits of the Household](#) by Justin Whitmel Earley
12. [God's Design for Sex](#) by Stan and Brenna Jones

MORE SPECIFIC RESOURCES FOR NAVIGATING CULTURE

13. [The Center for Faith and Sexuality](#) led by Preston Sprinkle
14. [Center for Parent and Youth and Understanding](#) by Walt Mueller
15. [Family Teams](#) by Jefferson Bethke
16. [Church and Culture Podcast](#) by James Emery White
17. [Mama Bear Apologetics](#) (Guide to Sexuality)
18. [Mama Bear Apologetics](#) (General Edition)

HELP WITH TECHNOLOGY

1. [The Bark App](#) - Advanced monitoring for phones
2. [VidAngel](#) - Allows you to block anything you want to block on MANY movies if streamed through Amazon Prime or Netflix.
3. [Internet Movie Database](#) - Read parent guides for almost every movie your child could watch to understand messaging, gore, swearing, nudity, and more. (Lauren and I almost never see a movie without first looking here.)
4. Most technology uses technology to limit technology. You can search YouTube tutorials for how to limit screen time, websites, and apps on any device your child has. Here are three boundaries we've set up that can help.
 - a. **Create screen-free zones:** We do not allow technology in bedrooms apart from homework time.
 - b. **Create screen-free times:** Set limits through technology and communication. For example (obviously, you set limits based on your child's ages and personal convictions):
 - i. Sundays are for connection.”
 - ii. “Access to video games and YouTube can take place after all chores are completed.”
 - iii. “Technology is over at 8 p.m.!”
 - c. **Lead by example:** If your children see screens dominating your life, they will likely follow.

COUNSELING

We have counseling recommendations available upon request.