

Using Technology Wisely in Relationships



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**The Ford Explorer Launch on *facebook* generated more traffic than a SUPER BOWL AD**



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*"It is the best of times, it is the worst of times, it is the age of wisdom, it is the age of foolishness... we have everything before us, we have nothing before us."*

*-Charles Dickens, 1859, "A Tale of Two Cities"*

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**James 3:17-18**

But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. And a harvest of righteousness is sown in peace by those who make peace.

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**Using Technology Wisely in Relationships**

1. Don't send any emails, texts, tweets, or updates when you are hungry, angry, lonely tired, or bored.
2. Match the level of emotion with the visibility of the message.
3. Be careful with people who are one way a screen and another when they are face-to-face with you.
4. Be aware of your public image: don't make your digital presence all about you.

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**Using Technology Wisely in Relationships**

5. Remember: no one is obligated to respond to your tweet, picture, or update. Don't expect others are waiting with phone in hand to immediately respond to you.
6. Don't interrupt a conversation because you need to check your phone. That tells others they are not as important to you as your phone.
7. Email is for business; tweets, pictures, and updates are for short, to-the-point communication; everything else deserves a phone call.

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## Most Important of All

8. ... you really can live without your phone, computer, or tablet; life won't end if you take a break from devices every now and then.

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## Types of Problems

- internet porn
- online affairs
- video game addiction
- poor life/work balance
- internet addiction
- sexting
- gambling
- shopping



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## Resources

- [www.cfitulsa.com](http://www.cfitulsa.com)
- [www.bowdenmcelroy.com/technology](http://www.bowdenmcelroy.com/technology)
- [www.boundless.org](http://www.boundless.org)
- [www.xxxchurch.com](http://www.xxxchurch.com)
- [www.dummies.com/how-to/content/ten-dos-and-donts-of-internet-dating.html](http://www.dummies.com/how-to/content/ten-dos-and-donts-of-internet-dating.html)

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## What do teens do online?

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## What do teens do online?

### Everything...

For today's teens, there is no distinction between their online identities and their real-life personas. They are a digital people.

However, they are concerned about their online privacy.

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## teen internet use

more and more teens are accessing internet through tablets or smart phones

- 78% of teens (12-17 y/o) have a cell phone and 47% of those have smartphones (dramatically increasing each year)
- 1 in 4 teens are "cell-mostly" internet users. Of smartphone owners, ½ are "cell-mostly"

Takeaway: teens are accessing the internet through their smart devices at an increasing rate

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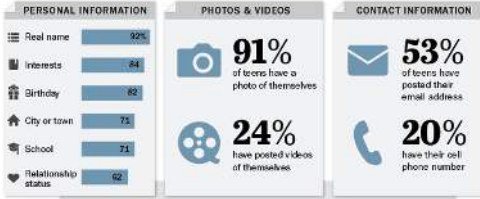
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# Sharing, Connections, & Privacy in the World of Teen Social Media

## What do teens share on social media?

Percent who share information on the profile they use most often



### But is the information real?

26% of teen social media users say they post fake information on their profile to help protect their privacy.

Pew Research Center May 21, 2013

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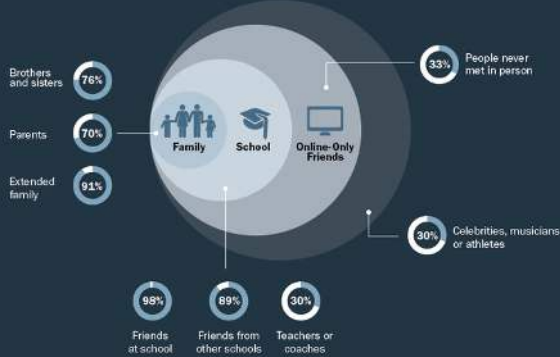
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## Facebook Connections

A majority of teen Facebook users say they are connected to their families and friends. However, about a third of teens said they are also friends with those they've never met in person.

Percent of teen Facebook users who are friends with each of the following



Pew Research Center May 21, 2013

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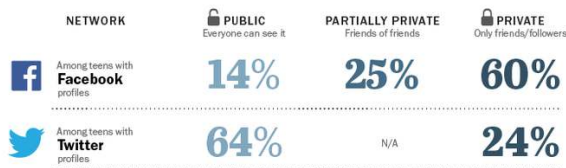
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## Privacy on Social Media

Teens choose different privacy settings depending on the social media site they use.



Source: Pew Internet Parent/Teen Privacy Survey, July 26-September 30, 2012. n=802 teens ages 12-17. Interviews were conducted in English and Spanish and on landline and cell phones. Margin of error for results based on teen social media users is +/- 5.1 percentage points; margin of error for results based on teen Facebook users is +/- 5.3 percentage points; margin of error for results based on teen Twitter users is +/- 9.4 percentage points. For more information, please read the report, "Teens, Social Media, and Privacy" at <http://pewinternet.org/Reports/2013/Teens-Social-Media-And-Privacy.aspx>

Pew Research Center's Internet and American Life Project | [www.pewresearch.org](http://www.pewresearch.org)  
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Pew Research Center May 21, 2013

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## Like Any Tool, Can be Used for Good or Ill

### Positive uses of social media

- Staying connected with people who live far away (extended family, friends in other cities/states)
- Reconnecting with old friends
- Facilitating in-person activities

### Negative uses

- Anonymity fuels unthinking posting
- Drama, drama, drama
- Cyber bullying
- Inappropriate relationships (at any age)
- Sexting
- Excessive gaming
- Encountering pornography

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## Capacity for Drama

Opportunity for damaging communication is unfortunately high: Due to the anonymous nature of typing your immediate thoughts, feelings, frustrations and drama in a textbox, and pressing “enter,” people say many things via social media that they would not say to someone if they were face-to-face

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## What to do

- Set boundaries, clear expectations, and rules
- If you choose to give your teen access to the world through the use of a smart device, the usage should come with clear **rules**
- Example: 18-point iPhone rules [http://www.janellburleyhofmann.com/postjournal/gregorys-iphone-contract/#.Ufh\\_mmt72Fd](http://www.janellburleyhofmann.com/postjournal/gregorys-iphone-contract/#.Ufh_mmt72Fd)
- Facebook has good tips in their “Safety Center”
  - Communicate about what goes on online

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Go to Facebook Home **facebook** Sign Up Email or Phone  
 Keep me logged in

Safety Center Like Send

Welcome

Philosophy

Community

Tools

Safety and You

Parents

Teens

Teachers

The Law

### Help Your Teens Play It Safe

For years, teenagers spent much of their free time talking to friends on the phone. Today's teens aren't so different. They just have more ways to communicate.

**What's My Teen Doing on Facebook?**  
 Just like adults, teens use Facebook to connect with friends – through chat, personal messages and sharing photos, videos, links and other kinds of information. They use Facebook to announce achievements, wish each other a happy birthday and plan social events – like going to a movie or a friend's house.



**Who Can See My Teen's Timeline?**  
 The only people who can see what teens post are their Facebook friends, friends of friends, and networks (like the school they attend). We maintain added protections and security settings for teens (age 13–17) that ensure their timelines and posts

<https://www.facebook.com/safety/groups/parents/>

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from FB

- “We maintain added protections and security settings for teens (age 13-17) that ensure their timelines and posts don’t show up in public search results”
- Have conversations about safety and technology early and often, in the same way that you talk to your kids about being safe at school, in the car, riding public transportation, or playing sports.

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Strengthening relationships with safe usage of online mediums

**STRONGER RELATIONSHIPS**

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