

Need for Screens

Home Huddle is meant to be an opportunity for families to talk about their faith together. Scripture and multiple research studies affirm that parents and grandparents are the #1 faith role models in a child's life. We know life is busy, but we still encourage families to take time to grow in faith together. Complete/talk through the 'Faith 5' (Share, Read, Talk, Pray, Bless) below as a family. Then sign and return this page at the beginning of the next class.



SHARE Highs and Lows of the day/week



READ

No Memory Work – Lent Lesson



TALK

1. Technology is a tool and can be both helpful and destructive. How can technology be a helpful tool?

2. How can technology be destructive or hurtful?

3. How long do you think you could go without using your phone/other electronic device?



PRAY

for one another. Praise and thank God for today's highs. Ask the Holy Spirit for help with today's lows. Include highs and lows of your family, friends and world in this prayer. Close in Jesus' name.



BLESS

one another with the sign of the cross and these words:

(Name), child of God, seek the goodness of God and share it with those in need. Amen.

Student First and Last Name: _____

(Please print so we can read it!)

Parent Signature: _____

Hot Topics Overview

The next Confirmation Unit focuses on “Hot Topics”, relevant issues or questions students either already, or soon will, encounter. Some of the topics may be uncomfortable for students to talk about initially, but it is important to speak about these subjects from a Christian perspective. A list of the lessons and topics to be covered can be found on the following page.

The first five lessons take place during the season of Lent. During those weeks, Confirmation will meet from 6:00 – 6:45 PM. Small Group Time will be excluded and no Memory Work is required during Lent. The final three lessons return to the normal Confirmation schedule from 6:00 – 7:30 PM with both large and small group time.

In addition to speaking about these Hot Topics during class, parents are encouraged to continue conversations at home using the lesson Home Huddle. During this unit, an extra page will be added to the regular Home Huddle called “**Home Huddle +**”. These pages contain supplementary discussion questions, relevant resources, and practical ideas for parents following the lesson. Home Huddle + pages do not need to be returned as with regular Home Huddles.

If you have any questions or concerns as we begin this new unit, please do not hesitate to contact me. I look forward to our first lesson about technology next week. Bring your phone!

Brady Laib

Director of Christian Education

dce.brady@1st-lutheran.org

Hot Topics Lesson	Details	Date	
Technology and Media	Screens are tools and can be both helpful and dangerous. We will look at how technology meets (or doesn't) our core needs.	2-17-21	<u>Lent</u> (6:00-6:45pm)
God and Science	Science and Scripture often seem at odds with each other. We will explore the relationship between these two worldviews.	2-24-21	<u>Lent</u> (6:00-6:45pm)
Body is a Temple	We are temples of the Holy Spirit. This means we should take care of what we bring into the temple.	3-3-21	<u>Lent</u> (6:00-6:45pm)
Mental Health	A startling number of young people experience depression/anxiety. Our focus will be hope in the darkness.	3-10-21	<u>Lent</u> (6:00-6:45pm)
Papillion/La Vista Spring Break – No Lesson		3-17-21	<u>Lent</u>
Homosexuality	Is being gay a sin? Does God love all people? How should the church/Christians respond? We will tackle these questions and more.	3-24-21	<u>Lent</u> (6:00-6:45pm)
Holy Week – No Lesson		3-31-21	<u>Lent</u>
Suicide	Watch <i>Not Alone</i> , a documentary about teen suicide and share some of the warning signs of suicide and what to do if a friend is suicidal.	4-7-21	<u>Regular Class</u> (6:00-7:30pm)
Sex and Love	Purity is a gift from God. This lesson briefly looks at God's plan for marriage and how purity can be pursued in an impure world.	4-14-21	
Ask Pastor	Students can submit questions for the pastors to answer. Think of some hard ones!	4-21-21	

Need for Screens +

During the “Hot Topic” Unit, we will be covering some big issues. Following each lesson, families are encouraged to continue the conversations from class by using Home Huddle+. Parents can also find a list of resources that may be helpful if there is a desire to further explore the topic. These pages do not need to be returned as they are intended to be tools for families to use together.



TALK (Further Discussion Questions)

1. Imagine a typical day in the life of your family when it comes to using electronic devices. If we were flies on the wall of your house, who would we see using which devices, in what parts of the house, at which times of the day?
2. At this point, what are your family’s biggest struggles or tensions when it comes to technology?
3. Make a list of several ways you think your family’s life is *better* because of digital media. What are some positives you can celebrate and be grateful for?



EXPLORE (Resources)

Books

- *Screens and Teens: Connecting with Our Kids in a Wireless World* by Kathy Koch
[Focuses on how technology meets and fails to meet core needs like belonging and security]
- *Right Click: Parenting Your Teenager in a Digital Media World* by Kara Powell, Art Bamford, and Brad M. Griffin.
[Written for parents and includes lots of great discussion questions and practical ideas to implement.]

- *The Tech-wise Family: Everyday Steps for Putting Technology in its Proper Place* by Andy Crouch
[Features some data on technology use among families and outlines 10 wise commitments families can make regarding technology]

Websites

- <https://www.common sense media.org/>
[Includes articles relating to parent concerns, research about technology use, and guides for using technology with your family]
- <http://www.net smartz.org/Home>
[Contains videos, tips, and resources about all sorts of technology topics including sexting, cyberbullying, and gaming, to name a few]
- https://axis.org/smartphones/?_hstc=78361419.5aed6eb8fe332d85e903e289c62e79fe.1611166569543.1611166569543.1611166569543.1&_hssc=78361419.2.1611166569544&_hsfp=209668515
[Series of videos that spur discussions about teen smartphone use]



DO (Practical Ideas)

- Model healthy use of technology. You (and your spouse) are the primary role models for your children. If you check your phone at the dinner table, so will they. If you sleep next to your phone, so will they. Be aware of the impact your personal screen use has on your family.
- Establish a pattern of rest from screens with your family. Try one *hour* per day, one *day* per week, and one *week* per year. This could be the *hour* to eat and cleanup supper together, the *day* of Sunday afternoons to enjoy family activities, and the *week* of vacation in the summer.
- Develop guidelines for when kids can use their devices in the car. Perhaps kids can't be on their phones as you're driving them to school or right after you pick them up as these are key times for conversations.
- Come up with a plan for when (that's "when", not "if") your child encounters dangerous or inappropriate content online. Talk with your child about what is inappropriate and why.
- Ask your child about the newest apps or social media sites. Talk about how to use them appropriately.