

Smart Parenting for a **Smartphone** Generation

They are the **first generation** for whom internet access is constantly available wherever they are and this has serious consequences.

This seminar will look at some of these consequences such as declining **mental health, growing up more slowly, struggles with real relationships, and smartphone addictions.** Practical helps on how we can respond as parents, youth workers, and teachers will also be provided.

Paul Robertson is the Youth Culture Specialist for Youth Unlimited (Toronto YFC)

He has over 40 years of working with youth and parents including raising four grown sons of his own. He has spoken extensively across Canada and throughout the USA. Paul graduated from the University of Western Ontario with Bachelor of Arts and Bachelor of Education degrees. After teaching high school for five years, he has been with Youth Unlimited for 38 years.



MANAGING SCREENS IN PANDEMIC TIMES

1. Encourage time in nature and outdoor play.



2. Set time boundaries and use a software program if needed.



3. Don't protect your kids from pain and failure
– they build character.



Ready or Not

Preparing Our Kids to Thrive in an
Uncertain and Rapidly Changing World

Madeline Levine, PhD

New York Times bestselling author of
The Price of Privilege and *Teach Your Children Well*

4. Make sure your kids, if stressed, get enough physical activity and cardio exercise.



5. Model the kind of tech habits you expect of your children.

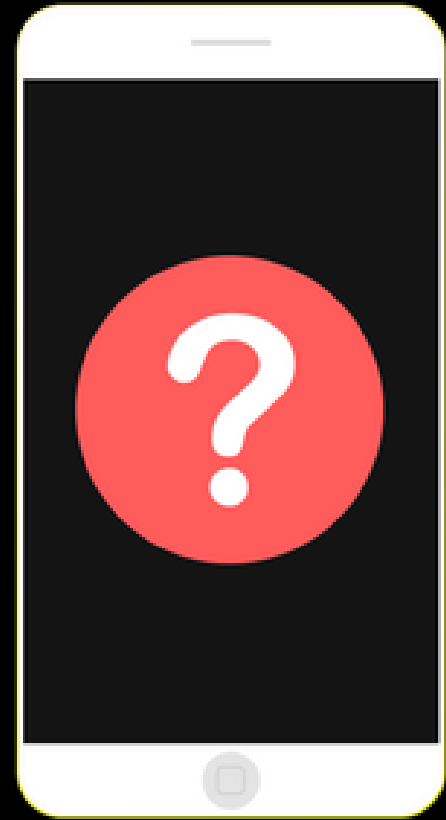


6. Tithe 10% of your screen time to building the local kingdom.



7. Keep them off smartphones as long as possible.

CAN YOU RAISE A
TEEN
WITHOUT A
SMARTPHONE



8. No one sleeps with a device of any type.



9. Find ways to engage in more conversations.

173 Conversation Starters

1. If you could have anyone do the voice-over for your reflections on life, who would it be?
2. What is one of the most adventurous things you've ever done?
3. What's the furthest place you've ever been from your current home?
4. For you, what was the worst thing about first year of high school? |
5. What was the worst thing about being in middle school for you?

Email paul@paulrobertson.ca for a copy.

10. Eat 5 or more meals together per week without screens.



11. Encourage face-to-face relationships.



12. Help them to think Christianly and critically about culture and life.

The image shows a screenshot of the CPYU website. At the top left is the CPYU logo, which consists of the letters 'CPYU' in a bold, blue, sans-serif font, with 'CENTER FOR PARENT/YOUTH UNDERSTANDING' in a smaller font below it. To the right of the logo are three social media icons: Facebook, Twitter, and a search icon. Below the logo is the tagline: "Helping parents, youth workers, educators, pastors and others understand and reach today's youth culture".

The main content area is divided into two sections. The left section features a large graphic for "CPYU RADIO with Walt Mueller". The graphic includes a vintage-style microphone inside a diamond-shaped frame. Above the microphone, the words "YOUTH CULTURE TODAY" are written in a curved, teal font. Below the microphone, "CPYU RADIO" is written in a bold, yellow font, and "with Walt Mueller" is written in a teal font below that. A yellow diagonal banner on the left side of the graphic says "RELAUNCHED!".

The right section features a "Family TableTalk" resource. The title "Family TableTalk" is in a bold, yellow font on a red background. Below it, the text reads "Free Daily Family Devotional Resource from CPYU" in a teal font. A green diagonal banner at the bottom of this section says "download today!".

Below the "Family TableTalk" section, there is a blue arrow graphic pointing right, followed by text: "Resources, articles, media and more to help you minister to youth and parent your teenagers in the midst of the Coronavirus Pandemic." Below this, it says "We will continue to add to this page in the coming days, so please check back frequently."

www.cpyu.org

13. Teach your kids to love reading and imaginative play.



“Readers are leaders.”

14. Teach the skills of life for a high-tech future.



15. Keep your phone on black and white since your brain will find it boring .

