

ACTIVE DIGITAL PARENTING WORKSHOP

Resource Guide

Resources and tools to help you be
a better digital parent

Ask questions,
get advice,
or book me at

chadl.co/dpw

Chad Landman
Education Minister
Graymere Church of Christ
Columbia, TN
chad@graymere.com

chadl.co/dpw



Let's face it. Being a parent is hard. And it seems even harder today with the technology we have to keep up with.

Active Digital Parenting was started for one purpose: to educate and empower parents to help their children use technology in a Godly, responsible way.

For the last seven years, I have spoken to over 54 groups, organizations and churches about helping them get energized about being better digital parents. What I have found is that most parents are either too lazy, too busy, or just completely uneducated about what their kids are doing on their devices.

We as parents need to wake up and smell the digital roses. This is a problem that, untreated, will only get worse. We must teach our children to be good digital citizens just as we would teach them to act in Godly ways.

We are our children's protectors. It's up to us to make sure that the screens in their hands are under our jurisdiction, and not Satan's.

The Two Best Parental Control Apps (Right Now)



- Optimal for drivers in your family
- Get detailed Driver Reports (including the speed they are driving), Crash Detection, and Roadside Assistance
- Location tracking, history and sharing
- Private Circle makes your own family a limited social network
- Low Battery alerts
- Plans start at just \$4/month > visit life360.com/plans-pricing

Things You Can Do Right Now

Maybe you've done some of these, maybe not. Either way, these things will help you form a PLAN for your digital parenting.

1. **Make a list of devices in your home.** Do this every six months. You'll be surprised every time.
2. **Get total control of your child's devices.** Possible? Yes. Difficult? Not as much as you think.
3. **Take up all devices at bedtime, and make sure no devices can be used in your child's bedroom.** Your kids will be thrilled with this decision. Nothing good happens on devices after 10PM.
4. **Hand-check your child's device every few days at random times.** Take your kid's devices in your hand. If your kids know that their devices aren't *theirs* and they're really *yours*, they'll be less likely to do things on them they shouldn't.
5. **Look for suspicious apps.** If you've already got control of the device, this shouldn't be an issue. If you notice three kinds of calculator apps and your kid isn't a math whiz, you should start asking questions.
6. **BE the example you want your children to be online.** Don't share lies or falsehoods on Facebook. Don't engage trolls. Encourage and uplift.



- Schedule screen time
- Block and grant access to websites and apps
- Geofence notifications whenever your child arrives or leaves a certain place
- Block and manage texting
- Free to use, Premium plans start at \$6.99/month > ourpact.com

POPULAR APPS WITH KIDS

16 Apps Parents Should Know About > bit.ly/3jzQrGz

Parent's Guide to Discord > bit.ly/2Oq1mHj

Is Snapchat Safe for Kids? > bit.ly/373NBnY

Parent's Guide to Understanding TikTok > bit.ly/3tlxea9

GAMING

7 Things Parents Need to Know about Fortnite > bit.ly/3jPbJQu

Minecraft Things Parents Need to Know > bit.ly/3jSzZB7

Everything Parents Need to Know About Xbox > bit.ly/3quesS8

Parent's Guide to Playstation (PS4) > bit.ly/3jQHQP

Nintendo Switch Parental Controls > bit.ly/3jOt9ge

GENERAL HOW-TO

How to Use Android Parental Controls > bit.ly/3am9X6a

How to Set Up ScreenTime for Your Child > bit.ly/2ZgW5Ur

Use Parental Controls on iOS > apple.co/2LT8UkZ

Shortlinks: **bit.ly** are merely shortlinks provided for your convenience. Simply type them into your browser (no **www** or **http://** required) and it will take you to the desired page.

Clickable links can be found at the PDF download on activedigitalparenting.com.