

Module 4: Technology and Suicide

1. What rules do you have on technology and social media?
2. What limits to you put on yourself regarding technology and social media?
3. How much time, honestly, do you spend on social media and screen time?
4. Are you intentional about replacing screen time with activities that help your family engage with God, the church, and other Christians?
5. If your kids have social media accounts, what do you know about their activity on them?
6. How often are you talking face-to-face with your kids about social media content and their usage and decisions on social media?
7. How can you find current information on trending technology?
8. What rules of the home might you consider to help reduce your family's overall media consumption? (For example: no media before homework is completed, allowing only a certain number of minutes per day, checking digital devices into the parents' bedroom before bed, etc.)
9. What do you think is a healthy limitation for your use of social media in a given day?
10. What challenges might you encounter with setting such a boundary?