

THE BOLDNESS NEWSLETTER

"THE WICKED RUN AWAY WHEN ONE IS CHASING THEM, BUT THE GOLDY ARE AS BOLD AS LIONS."
PROVERBS 28:1



Above all else,
guard your
heart, for
everything you
do flows from it.
Proverbs 4:23

AUGUST 2023 | LODI CHRISTIAN SCHOOL FAMILY NEWSLETTER

OH MEDIA, OH MEDIA

PERSPECTIVE BY TIM NIELSEN

As parents/guardians, it is easy for us to give in to the demands of our children when it comes to things like phones, tablets, screen time, getting certain apps, watching certain shows, and getting social media. But how much of this stuff is actually good for them and when do we allow them to use the above mentioned?

Of course, our kids want everything and will ask for everything, and so we need to think it through, agree with our spouse, and make a plan. I am a strong supporter of sticking to the age ratings for apps, TV shows, and movies. If something is rated for a 13 year old, then wait til about then. Children have developmental stages that we as adults often forget about. What is no big deal for us can cause anxiety and nightmares for a child. Age ratings are the way they are for a reason. Why expose our kids to things they are not ready for and really don't need to see and think about?

When is a good time to give a child a phone? Many will say eighth grade. I actually agree, unless there is a really good safety reason to provide one earlier, in which case maybe just a flip phone without all the apps will do. Before we actually hand them the phone, I have set up full restrictions, such as no internet access, no ability to change their account or download apps, etc. For my family, we decided that the Christmas of our children's eighth grade year is a good time, not only for them developmentally, but cell phones and service plans are on sale.

There is a helpful website www.waituntil8th.org that would be good for you to check out. Scroll to the bottom and click on WHY WAIT. Very helpful information is provided, which will give you amazing reasons why to wait until eighth grade to give your kid a phone, such as they can increase anxiety and depression in children, cause addiction, interfere with relationships, and cell phones are the number one distributor of explicit images.

I am truly not a fan of social media in general. I have even heard of many older teenagers deciding to get rid of their accounts. They experimented with social media platforms in middle school and as lowerclassman in high school, and then decided to rid of their accounts as upperclassman or college students. It simply caused too much anxiety, depression, unhappiness, and wasted so much of their time. I would suggest no earlier than age 16 for social media, such as Instagram, Snapchat, TikTok, etc. Happy parenting!

Pastor Tim Nielsen - FBC Lodi



Effective Strategies: Tips for Influencing Your Child's Social Media Use

1. Begin with yourself. How distracted are you by social media and your device? How much screen time do you consume daily? As children often mirror their parents' actions, ensure you are modeling responsible use of social media.
2. Set predictable and enforceable ground rules for social media. You might even consider limiting social media usage to large screens in communal areas of your home. Some surveys show that teens spend up to nine hours a day on social media.
3. Know how to set and control parental controls on devices. Your internet provider and cell phone company can assist with this. Many service providers offer parents ways to disable their internet with simple commands. The restriction can be house-wide or device-specific. Also, ensure your children's devices' location settings are off to prevent companies and individuals from tracking them.
4. Set clear rules about internet safety, such as not revealing full names, the schools they attend, and home addresses. Teach your child about internet predators and how to evade them.
5. Delay access for pre-teens. For instance, Facebook's age limit is 13.
6. Monitor the amount of their screen time.
7. Educate them about online safety and information sharing.
8. If your child has a social media account, make sure you are friends with or follow them.
9. Be diligent, not paranoid. Periodically check the apps on the phone you allow them to use. Remember, it's your phone.

Roary's Corner

Dear Roary: How do I help to protect my kids when they are on devices? How do I set restrictions? How do I keep an eye on what they are watching?

On every device and on every media service, such as Netflix, YouTube, Xfinity, DIRECTV, etc., there is a way to set restrictions in order to protect your children. These days it is as simple as doing a search, such as "how do I set restrictions for my children on such and such tablet or on Netflix," etc.

There is also software such as Bark and Covenant Eyes that will keep track of their online activity and notify you. Those are great, but we have found the most effective way is to have serious and frequent conversations with our kids regarding all of these things, so that they know our heart and the reasoning behind our desire to protect them. Also, they know that we have the freedom and ability to check their devices and watch-history at any time. A media contract is a great way to get that initiated with your kids.



Want to ask Roary a question? Write your question and email it to: Theboldness@lodichristianschool.org

EVENTS

Parent Fellowship Night

Parenting On The Same Page
Thursday, August 24th
6:15PM

Childcare is free for all ages



Laughter is good medicine

Q: What is a mathematician's favorite book of the Bible?
A. Numbers

Q: Why can't Jesus wear necklaces?
A: Because He breaks every chain

Roary's Resources



- **Children's Song:** [O Be Careful Little Eyes - by CedarMont Kids](#)



- **Parent Article:** [Axis Parents Guide to Social Media](#)

SCRIPTURE ON GUARDING

YOUR EYES AND HEART:

"Your eye is the lamp of your body. When your eyes are healthy, your body also is full of light. But when they are unhealthy, your body also is full of darkness." Luke

11:34

"No temptation has overtaken you except what is common to mankind. And God is faithful: he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." 1 Corinthians 10:13