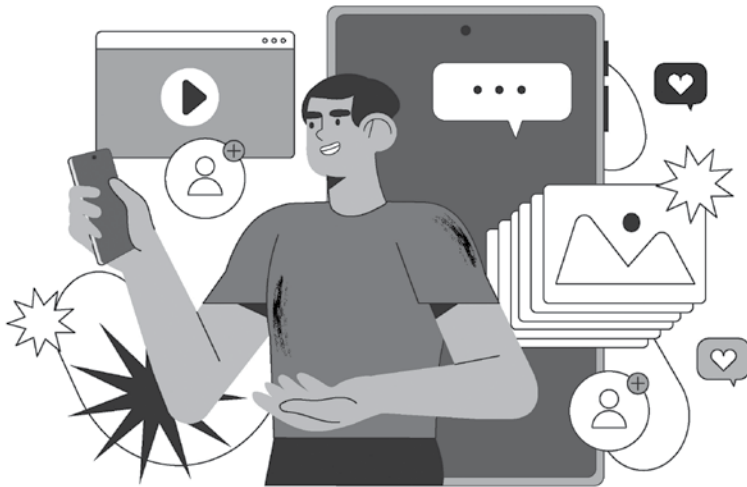



[< #teenfeed](#)


A parent newsletter designed to help you better understand and relate to today's youth culture and your church's teenagers—including your own.



Culture Watch

On a recent Harvard EdCast entitled *The Complex World of Teens and Screens*, researchers Emily Weinstein and Carrie James gave parents insight into what is going on with teens and their screen time. They surveyed over 3,500 U.S. teens and discovered some interesting things.

- Teens actually want proper regulation of technology use and understand which tech habits are helpful to them and which are not.
- Teens experience tech use in a wide variety of ways. Some seem to find affirmation and support while others experience negative effects. Some teens are more susceptible than others to the risks that come with tech usage.
- Teens wonder how they fit in and are viewed by their friends on social media.
- Teens are concerned about not being able to take back or delete what is shared on social media.
- Teens feel pressure to post things that please and impress their peers.
- Teens look to social media for information about what their friends are doing and to connect with peers.

See the Flip Side of this newsletter for a few tips. >

#HumbleBrag

Teens doing awesome things!

Students at Crescenta Valley High School (California) formed a club called Students Stand With Refugees to respond to the international refugee crisis. When their area saw an influx of Afghan immigrants, the club began asking for donations of clothing, sunscreen, small tools, and school supplies—along with small LEGO sets. Lucy Rickey, the club president, said they partner with other agencies to provide refugees with these contributions to help welcome them to their new homes. The club also works to inform students of refugee statistics and promote kindness to others. Even if your school doesn't have a club, you could eat lunch one day each week with another student who is learning English as a second language.





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> The Flip Side

Following are some suggestions for how parents can help their teens deal with technology use.

- Go beyond just calling teens out when they misuse technology.
- Start conversations about what tech use they feel is good for them and what is not healthy for them.
- Ask open ended questions about what your teen is experiencing and how they are feeling about it. Then follow with understanding and validation.
- Talk to your teen about how hurtful sexting can be for all parties involved and that they should never ask for nudes or pass along

sexual pictures. It puts teens under so much pressure.

- Help your teen develop strategies to help them handle inappropriate requests or hurtful posts.
- Parents should model good social media usage.
- Talk with your teen about using privacy settings.
- Coach your teen through mistakes they make.

Use some of these strategies to help your teen develop healthy tech usage.

on the calendar

MARCH

March Madness
American Red Cross Month
National Noodle Month
National Reading Month

March is all about basketball, we know, but it's also a great time to read a good book, eat spaghetti, and to help the Red Cross, which has been serving those in emergencies and disasters since 1881.

APRIL

Canine Fitness Month
Dog Appreciation Month
National Adopt a Greyhound Month
National Pet First Aid Awareness Month
Autism Acceptance Month

April seems to have a pet theme! Even if you don't have a dog, reach out to do something kind to animals. And be kind to those who might not think, speak, and act like you do.

MAY

Better Sleep Month
National Walking Month
Older Americans Month
Small Business Month

May's challenge is to remember to take time with the basics—sleeping and exercising—and to care about people and businesses that may be overlooked.

The articles in *Forward* and *Velocity* magazines provide great discussion starters for you and your teen. Also, devotions for teens cover the same topics as the adult devotions in *Fusion Family* and *Fusion Next*, creating opportunities for family Bible study. Read them, discuss them, and use them as a tool for discipleship in the home.