

# TEENS

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## TECH OPEN DIALOGUE

### BEST USE

As a conversation guide for a parent trying to open up meaningful communication with his or her teen around the topic of technology

### VALUE

Helps parents begin open conversations about technology with their teenager

### ADVANCE PREPARATION

- Schedule some time with your teenager doing something they would enjoy. For some, it can be easier to open up while sitting side-by-side, like driving somewhere or while doing an activity. Others may prefer a face-to-face conversation, like having coffee or lunch. Do what is best for your unique teen.
- Pray that God would give you wisdom in this discussion and that your time leads to great conversations with your teen.

### EXTRA PREPARATION

- If you want to be well versed on current technology, read through the Axis Parent Guides on technology your teen uses the most by scanning the QR code or at <https://tinyurl.com/axisguides>.



## SERVE IT UP:

During your scheduled time with your teen, ask several of the following questions.

- *Is there something I (the parent) can change about my technology use?*
- *What is your favorite part of technology (video games, smartphone, TV, etc.)? Why?*
- *What is your least favorite part of technology? Why?*
- *What video games do you like? Why?*
- *What video games do you not like? Why?*
- *What do you love about your phone? Why?*
- *What do you dislike about your phone? Why?*
- *Do you wish you used technology more or less? Why?*
- *What technology boundaries would you like in your life?*
- *If you could change one thing about your technology use, what would it be and why?*
- *How can I support you in that desired change?*
- *Has there been anything that you encountered online that made you uncomfortable? (Remember, this is a chance for them to open up, not to correct in the moment!)*
- *What do you feel before, during, and after you use [insert technology/app]?*

Keep in mind, the goal is to listen and learn — not to correct their impressions or “fix” anything too quickly. Also, remember that your teen may feel awkward or uncomfortable talking to you about some of these concerns if you have not had similar chats before. Be patient, and don’t worry if they struggle opening up. Simply move on to whatever fun experiences you’ve planned and try again later.

