

Part Three: Parenting Teens to Become Responsible Adults

Chapter 5: Creating a Media-Safe Home

No parent has ever thought the world was perfectly safe for his or her children. We taught our kids when they were young to look both ways before they cross the street and not to talk with strangers. We monitored the types of media they would engage—or at least we tried to keep up. However, in today's world it's impossible for parents to have complete control over everything that is being sent to the eyes, minds, and brains of teenagers. So much of this generation's life is centered around media, and it is tempting them in every way.

NOTE: If you're reading the optional companion book *Understanding Your Teen*, please read chapter 5 before you watch this video. If you are interested in purchasing the book, [please follow this link](#).

Everyone processes information in different ways. Below you'll find several questions to help spark discussion as a couple or a small group. Pick the ones that you want to talk about and get the conversation started.

QUESTIONS FROM THE VIDEO:

- Did any of the random thoughts about technology from the video surprise you?
- What healthy boundaries are you creating in your home that you could share? What struggles are you experiencing?

QUESTIONS FROM CHAPTER 5

- How do you see media influencing teenagers today? Specifically, in what ways do you see media influencing your teenager?
- What do you consider to be the positive aspects of today's media and the technology that delivers it?
- How important do you feel it is to oversee and monitor your teenager's media consumption?
- What is one area of media consumption where you are confident you are setting a good example for your teenager? What is one area where you need improvement?
- What obstacles do you face in setting clear, appropriate expectations and consequences for your teen's media consumption? How can these obstacles be overcome?