“It is the best of times, it is the worst of times, it is the age of wisdom, it is the age of foolishness... we have everything before us, we have nothing before us.”

-Charles Dickens, 1859, “A Tale of Two Cities”
James 3:17-18

But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. And a harvest of righteousness is sown in peace by those who make peace.

Using Technology Wisely in Relationships

1. Don’t send any emails, texts, tweets, or updates when you are hungry, angry, lonely, tired, or bored.
2. Match the level of emotion with the visibility of the message.
3. Be careful with people who are one way a screen and another when they are face-to-face with you.
4. Be aware of your public image: don’t make your digital presence all about you.

Using Technology Wisely in Relationships

5. Remember: no one is obligated to respond to your tweet, picture, or update. Don’t expect others are waiting with phone in hand to immediately respond to you.
6. Don’t interrupt a conversation because you need to check your phone. That tells others they are not as important to you as your phone.
7. Email is for business; tweets, pictures, and updates are for short, to-the-point communication; everything else deserves a phone call.
Most Important of All

8. ... you really can live without your phone, computer, or tablet; life won’t end if you take a break from devices every now and then.

Types of Problems

- internet porn
- online affairs
- video game addiction
- poor life/work balance
- internet addiction
- sexting
- gambling
- shopping

Resources

www.cfitulsa.com
www.bowdenmcelroy.com/technology
www.boundless.org
www.xxxchurch.com
www.dummies.com/how-to/content/ten-dos-and-donts-of-internet-dating.html
What do teens do online?

Everything…

For today’s teens, there is no distinction between their online identities and their real-life personas. They are a digital people.

However, they are concerned about their online privacy.

teen internet use

more and more teens are accessing internet through tablets or smart phones

• 78% of teens (12-17 y/o) have a cell phone and 47% of those have smartphones (dramatically increasing each year)
• 1 in 4 teens are “cell-mostly” internet users. Of smartphone owners, ½ are “cell-mostly”

Takeaway: teens are accessing the internet through their smart devices at an increasing rate
**Sharing, Connections, & Privacy in the World of Teen Social Media**

What do teens share on social media?

- **Personal Information**
  - Full name: 24%
  - Interests: 16%
  - Birthdate: 16%
  - City or town: 12%
  - School: 12%
  - Relationship status: 22%

- **Photos & Videos**
  - 91% have a photo of themselves
  - 24% have posted videos of themselves

- **Contact Information**
  - 53% have posted their email address
  - 20% have posted their phone number

But is the information real? 19% of teen social media users say they post fake information on their profile to help protect their privacy.

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**Facebook Connections**

A majority of teen Facebook users say they are connected to their family and friends. However, about a third of teens said they had a few friends with whom they don’t want to be friends.

- Percent of teen Facebook users who are friends with each of the following:
  - Parents: 82%
  - Brothers and sisters: 68%
  - Friends: 65%
  - Friends from school: 55%
  - Friends from other schools: 22%
  - Friends at work: 13%
  - Friends from clubs or organizations: 18%
  - Friends from other towns: 10%
  - Friends from work: 6%
  - Online-only friends: 16%
  - Colleagues, musicians, or activists: 20%
  - People never met in person: 15%

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**Privacy on Social Media**

Teens choose different privacy settings depending on the social media site they use.

- **Facebook**
  - Among teens with Facebook profiles:
    - Public: 14%
    - Partially Private (Friends of Friends): 25%
    - Private (Only Friends/Followers): 60%

- **Twitter**
  - Among teens with Twitter profiles:
    - Public: 64%
    - Partially Private: NA
    - Private (Only Friends/Followers): 24%

Source: Pew Research Center’s Teen Privacy Survey, July 26-November 19, 2012, n=1,001 teens ages 13-17. Interviews were conducted online with a probability sample of teens. Margins of error are ±6 percentage points, or ±9 percentage points in a margin of error for results with fewer than 100 respondents. Tolerance intervals were based on the confidence intervals, computed using the binomial method. For more information, please visit: www.facebook.com, www.twitter.com, and Privacy at http://www.pewinternet.org/Reports/2012/Teens-Social-Media-and-Privacy.aspx

For more information about this study, please visit: www.pewinternet.org
Like Any Tool, Can be Used for Good or Ill

<table>
<thead>
<tr>
<th>Positive uses of social media</th>
<th>Negative uses</th>
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<tbody>
<tr>
<td>• Staying connected with people who live far away (extended family, friends in other cities/states)</td>
<td>• Anonymity fuels unthinking posting</td>
</tr>
<tr>
<td>• Reconnecting with old friends</td>
<td>• Drama, drama, drama</td>
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<tr>
<td>• Facilitating in-person activities</td>
<td>• Cyber bullying</td>
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<tr>
<td></td>
<td>• Inappropriate relationships (at any age)</td>
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<td></td>
<td>• Sexting</td>
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<td></td>
<td>• Excessive gaming</td>
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<td></td>
<td>• Encountering pornography</td>
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</tbody>
</table>

Capacity for Drama

Opportunity for damaging communication is unfortunately high: Due to the anonymous nature of typing your immediate thoughts, feelings, frustrations and drama in a textbox, and pressing “enter,” people say many things via social media that they would not say to someone if they were face-to-face.

What to do

• Set boundaries, clear expectations, and rules
• If you choose to give your teen access to the world through the use of a smart device, the usage should come with clear rules
  • Example: 18-point iPhone rules [http://www.janelburleyhofmann.com/postjournal/gregorys-iphone-contract#.Ufn_mM772Fd](http://www.janelburleyhofmann.com/postjournal/gregorys-iphone-contract#.Ufn_mM772Fd)
• Facebook has good tips in their “Safety Center”
  • Communicate about what goes on online
from FB

• “We maintain added protections and security settings for teens (age 13-17) that ensure their timelines and posts don’t show up in public search results”
• Have conversations about safety and technology early and often, in the same way that you talk to your kids about being safe at school, in the car, riding public transportation, or playing sports.

Strengthening relationships with safe usage of online mediums

STRONGER RELATIONSHIPS

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