

WEEK 1

1 CORINTHIANS 6:12

All media requires a filter.

THINK ABOUT THIS

WEEK 1: Self-regulation and self-awareness are two things that middle schoolers struggle with. That makes seeing how media may impact them negatively and regulating their use of it challenging. As a parent, getting them to pull back on their use of video games, TV, YouTube, and more may feel like an uphill battle in this phase.

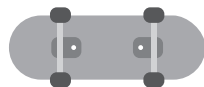
REMEMBER THIS

"You say, "I am allowed to do anything"— but not everything is good for you. And even though "I am allowed to do anything,"
I must not become a slave to anything."

1 Corinthians 6:12 NLT



PARENT CUE



MIDDLE SCHOOL

DO THIS



MORNING TIME

Jump into media with your kids this week by creating a fun video together. Whether it's for YouTube, Snapchat, or your Instastories, find a way to get creative together and use media for good (and fun!) with your family this week.



DRIVE TIME

Start a conversation with your kid this week about media. Ask them the ways they think it can be positive or good for them and the ways they think it can be negative or used for bad. Share a few of your own thoughts about the way media impacts your life, too!



MEAL TIME

This week, have everyone in your family set a goal to help yourselves regulate the use of your favorite source of media. Share your goals with one another and check in throughout the week to see how it's going. At the end of the week, celebrate together if you reached your media goals!



BED TIME

Does your kid have a favorite video game, TV show, app, or other kind of media? Instead of nagging them about it, engage with them in it this week by asking them to teach you how to use it or let you watch alongside them.

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