



Parents, Arguably the Best, is a youth ministry podcast that is “by students for students” out of St. Peter’s Lutheran Church in Columbus, Indiana. Our goal is to provide a platform and space for students to have meaningful conversations about the topics that are relevant to them in this phase of life. As a parent, this can be an insightful look into what your student may be thinking about regarding these topics. Our hope, is that from listening and then looking over this reflection sheet, you have some better tools and pathways to navigate having more meaningful conversations with your student at home.

**Parent Reflection**  
*Episode 1 - Social Media*

In the podcast, Sylvia mentioned that she noticed that her overall mood was down/negative and that she was less productive. Through conversations with her parents it resulted in a connection to her social media/phone usage and screen time limits were set. We think it’s great that before limits were set, there was a connection made between feelings/productivity and her cell phone. Here are some questions that can help you make that connection with your student:

- How do you normally feel when you get off of \_\_\_\_\_?
- When do you feel the most productive in your day?
- When would you say you are on social media/phone each day?
- Do you ever feel like being on your phone has an impact on your mood?

At first, Sylvia’s parents set her limits but now she does it herself. She says that you have to learn to self-regulate because there won’t be someone to do it for you when you are in college or at your job.

- How can you help create this awareness with your student?
- Create screen time limits with your student, get their buy-in on what they think is an appropriate amount.
- Ask your student, “What is a healthy amount of time for you to be on (tik tok, instagram, snapchat, etc.)”

On the podcast, they all agree that social media, and specifically snap chat, is an easy way to think you're connecting with someone when really it is a shallow form of connection. They even begin to think about it's long term effects on if it will prevent students from actually communicating in a healthy productive way in the future.

- How do you form meaningful connections with the people around you?
- What do you know about your friends? What are they dreaming about? Scared of? Hopeful for?

Lastly, parents you are the imitators of healthy phone/social media use for your student. So some reflection time:

- What is your screen time? Are their needs for limits to be set?
- If there are, maybe you can have that conversation with your student about how you would like to be better with your phone usage too.
- How have you seen your mood/day be impacted by spending time on your phone?
- How have you taken the easy way to think you're connecting with someone but it has ended up being shallow?

We pray that these questions and reflections will be beneficial to you and your family. Thanks for listening and we look forward to the next episode!

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