PARENTS STEP AHEAD
PADRES UN PASO ADELANTE®

EDUCATION & TECHNOLOGY

What is **Technology?**

LESSON PLAN:

What is Technology?

WELCOME TO THE LESSON: WHAT IS TECHNOLOGY?

You've completed the first step in our **Pick. Watch. Enhance.** model and selected the topic **"What is Technology?"** Great choice! In this lesson, you'll explore how technology impacts your family and learn strategies to manage its benefits and risks. This lesson will help you navigate your children's digital world while reducing the stress associated with screen time and social media.

Here's what this lesson will help you achieve:
- Understanding different types of technology, such as smartphones, tablets, and computers.
- Exploring the benefits (e.g., access to information, educational tools) and risks (e.g., distractions, harmful content) of technology.
- Recognizing the importance of digital literacy for children.

PAUSE AND PREPARE.
Before moving on to **Step 2: Watch**, take a moment to reflect on these questions. Thinking about your current experiences with technology will help you approach this lesson with clarity and purpose:

- How comfortable are you with the different types of technology your children use (e.g., smartphones, tablets, computers)? (1 = Not comfortable, 5 = Very comfortable)
- How confident are you in setting boundaries for your children's screen time and technology use? (1 = Not confident, 5 = Very confident)
- What do you know about technology's potential benefits and risks for your children? (1 = Very little knowledge, 5 = Very knowledgeable)

- How often do you discuss with your children the content they engage with on technology (e.g., social media, games, apps)? (1 = Never, 5 = Very frequently)
- What do you find most stressful about managing your children's technology use?

Pause to consider your answers, as they'll guide your learning through the next steps.

STEP 2 - WATCH.

This step includes three short videos that explore how technology affects your family and provide strategies to navigate its use. Each video builds on the last, so make sure to watch them in the listed order. Click on the video titles to begin:

1. **Introduction to Technology for Parents**
   - Gain an understanding of how technology impacts children's lives and why it's important for parents to be informed and involved.
2. **Balancing Technology and Family Time**
   - Learn strategies for setting healthy boundaries, reducing screen time, and fostering family connections outside of the digital world.
3. **Technology as an Educational Tool**
   - Discover ways to leverage technology as a resource for learning while minimizing its risks.

As you watch, think about how these ideas connect to your family's experiences and how you can implement them effectively.

STEP 3 – ENHANCE.

Now that you've completed the videos, it's time to take your learning further with practical tools and guides. These resources are designed to help you navigate the role of technology in your family's life and make informed decisions about managing digital stressors like screen time and social media.

For this lesson, we've included the following resources. Click on the titles below to download them. Each resource is formatted so it can be easily saved to your computer OR printed for your convenience:

- **Love, Trust, and Snooping**
  - A guide to building trust with your children while maintaining appropriate oversight of their technology use. Learn strategies for balancing privacy and parental involvement.

- **What Kids Want Parents to Know About Oversharing on Social Media**
  - This resource offers insights into how children feel about parental social media habits and provides tips for fostering respectful communication about online sharing.
- **The Secret Lives of Teens on Social Media: Here's What You Need to Know**
  - Discover the hidden challenges and opportunities of social media in your children's lives. This guide will help you engage in meaningful conversations and support your children's digital well-being.

REFLECTION.

Before wrapping up, take a moment to reflect on what you've learned and how you've applied it:

- How comfortable do you feel with the different types of technology your children use after watching the videos? (1 = Not comfortable, 5 = Very comfortable)
- How confident are you in setting and maintaining boundaries for your children's screen time and technology use now? (1 = Not confident, 5 = Very confident)
- What new understanding do you have about the benefits and risks of technology for your children?
- How often do you now discuss with your children the content they engage with on technology? (1 = Never, 5 = Very frequently)
- What strategies have you started using to help your children develop critical thinking skills when assessing online content?

Reflecting on these questions will help you measure your progress and identify next steps for improving your family's relationship with technology.

WHAT'S NEXT?

Congratulations on completing this lesson! By learning how to manage technology in your family's life, you're fostering a healthier digital environment and building valuable skills for your children's future. When you're ready to continue:

- Explore other lessons in the **Education and Technology Center** to further expand your knowledge.

- Revisit this lesson anytime to refresh your understanding or practice the activities again.

Keep up the great work! Every step you take helps your family thrive in a technology-driven world.