

SESSION 1: HOW DID WE GET HERE?

SUGGESTED DISCUSSION QUESTIONS

- What is something you learned that you were not aware of before?
- What are some of your greatest concerns you have for your children?
- What areas do you feel powerless and overwhelmed?
- What choice have you made as a parent when it comes to your child and phones, social media, and online gaming?
- How can we protect our children from predators?
- What are some effective tools you have used?
- What are some practical ways that you can assure your child that you love them?
- How would you respond to your child if you found out they had been in an online relationship with an older person?
- How would you respond to your child if you found out they had sent a nude photo of themselves to someone?
- If you realize that you previously reacted to your child in a way that you now regret, how would you respond differently if you could do it again?

TAKE AWAYS

It is never too late to right a wrong. If you realize that you handled a situation incorrectly, this is your opportunity to go to your child and:

- Acknowledge that you made a mistake.
- Share with them how you wish you would have responded.
- Ask them if they want to tell you how it made them feel.
- Apologize.
- FORGIVE YOURSELF