

SUMMER
2023

High School



Elevate: Raising the bar for conversations about Media Literacy

Based on a recent report, 1 in 4 teenagers want to be social media influencers someday. As the internet expands and digital platforms optimize their engagement strategies, media literacy has become more important now than ever before. We have the opportunity to empower the teens we care about to develop wisdom as they navigate online spaces; thinking critically, practicing agency, and proactively guard their mental health.

MEMORY VERSE

“Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment.”
Proverbs 4:7, NLT

Week One

Proverbs 4:7

Choose wisdom. Develop judgement.
Experience freedom.

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ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

Had a rough start to the day—grumpy kids, running late, etc.? Or maybe a heated conversation the night before is carried over to a new day? It happens. Make some time today for apologies and reconciliation.



Their Time

Ask your teen if there's anything they'd want you to learn more about their interests or life as a high schooler—TV shows, online videos, movies. Watch it (maybe with them). Use it as an opportunity to discuss, not to critique.



Meal Time

At a meal this week, have everyone answer this question: "What is something you've learned—positive or negative—from something you've watched or listened to lately?"



Bed Time

Pray that both you and your teen will be wise in your media consumption. Pray that you both will make decisions that will nourish you and lead you to better spiritual and mental health.



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