



Growing with GOD™
Safe and Sacred

LESSON 5
Digital Discipleship

In This Lesson

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What the Church Says About

The Internet

The internet is being put to many good uses now, . . . but much harm also can be done by its improper use. Which it will be, good or harm, is largely . . . a choice to whose making the Church brings . . . her commitment to the dignity of the human person and her long tradition of moral wisdom.

Pontifical Council for Social Communications, Ethics in Internet (February 28, 2002)

Faithful and Safe Online



Digital technology saves us time and enhances our lives in so many ways. We use our devices to connect with friends, loved ones, colleagues, and even strangers. Children watch and learn from us, and they want to participate. How do we communicate to young children the dangers of the online world and teach them to use good judgment about technology? We can begin by setting age-

appropriate rules and expectations about technology in the home and carrying our relationship with Jesus into all of our online activity.

Your child's online environment needs to be as safe and positive as the home environment you provide for your child.

Your child needs clearly defined rules for online behavior in order to stay safe. Teach your child to check with you before using a digital device. Help your child develop the habit of showing you pop-ups that appear on the screen, and stress the importance of never sharing passwords or personal information.

Take advantage of parental controls to manage screen time and help filter out inappropriate content. Provide for your child a list of games or apps he or she is able to access freely, and keep your child close while he or she is online so that you can monitor his or her activities. Above all, let your child see you conduct your activity online according to your shared Catholic faith and principles.



3minute
RETREAT

Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Romans 12:2

Reflection

The internet and social media offer many opportunities for connection and learning, but they also expose us to aspects of our culture that may not be in keeping with our values. It is important that we compare what we see, hear, and read with our Christian values so that we may find God's truth in the midst of everything. Paul reminds us that we are called to renew our minds in Christ, and we will be led to choices that are good and pleasing to God.

Questions

How can I be more mindful of the will of God while I am online? How can I help my child make good, safe choices when interacting online?



Prayer

Pray to Jesus, using this prayer or one of your own.

Loving Jesus, send me your Spirit so I may discern what is good and loving in all aspects of my life.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual Choose short Scripture verses to recite with your child from memory—especially those that relate to being loving and safe within relationships, such as John 13:34 and John 14:27.

Social Pretend with your child. Act out parables or social scenes that might play out in the classroom or with friends. Encourage your child to consider how each person might feel in the scenarios and which actions are most pleasing to God.

Physical Get physical and creative with your worship and praise. Help your child develop fine motor skills while nurturing his or her relationship with



Jesus by crafting, coloring, and writing together. For example, write a favorite Bible verse, read it to your child, and work together to draw a picture to illustrate it.

Safe and Sacred at Home



The Prayer List (Loyola Press)

by Jane Knuth

Mercy in the family is a sign that relationships matter more than being right, more than money or possessions, and more than hanging on to our hurts. 'Seven times seventy times' is just about the right number of opportunities that family members are given to forgive one another over the years. Mercy and forgiveness require lots of prayer. We are not capable of forgiving big hurts by ourselves because our love is too small. But God's love is invincible. He can forgive the gravest of harm when we cannot. Some say that praying to God to forgive our loved one is the path to being able to forgive that person ourselves.

Big Ideas

In Lesson 5, your child will:

- identify safety rules for using digital devices.
- identify ways to apply digital safety rules to daily life.
- define *digital device* and *online*.

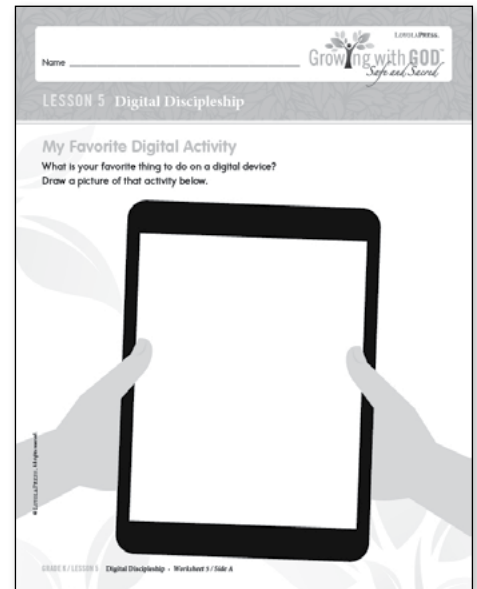
Words to Know

digital device · A smartphone, tablet, computer, or other electronic tool that connects to the internet

online · Being connected to the internet by a digital device

Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.



STEP 1 ENGAGE & EXPLORE

SAY: Chatting with our friends and family and playing games online are fun things to do. What are some other things you like to do with a digital device? Allow your child time to respond. Share some ideas of your own. Remind your child that he or she should always ask permission before using a digital device.

Use the blackline master to discuss or establish rules about your child's use of technology at home. Post the rules in a prominent place in your home, and help your child read the rules each time he or she uses a digital device.



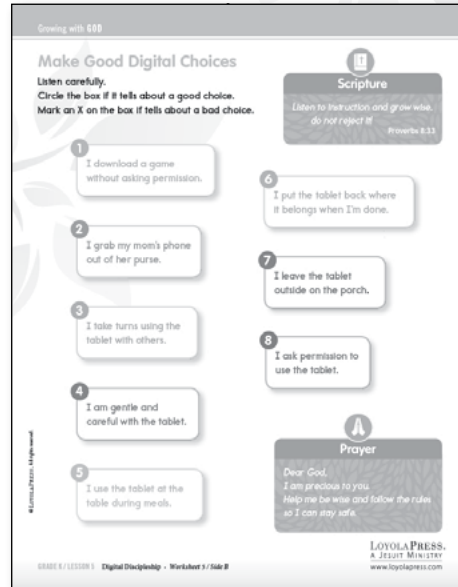
Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

SAY: Jesus teaches us to be kind and to make good choices. That includes the time we spend online and the way in which we use our digital devices. We treat people and our things gently to share the love of Jesus we have in our hearts.

SAY: Let us pray together. Pray the prayer from the Pray Together feature or a prayer of your own. Begin and end the prayer with the Sign of the Cross.



Pray Together

Jesus, please help us keep the lessons we learn from you in our hearts and minds all day long so we can be your loving disciples and make good choices.

