Date night
FOR MARRIED COUPLES

Topic: **Technology**

Technological advancements are transforming the ways families interact. It profoundly affects the family by decreasing family time, reducing socialization, and face-to-face interaction. So much of technology use is unnecessary and is running away from discomfort or boredom. Talk about your technology habits and what you hope for your relationship and family.

Prepare for the date:

Think about your own technology use. When do you use technology? What is going on for you right before you pull out your phone? How do you feel after wasting time on your phone? What are some habits you'd like to integrate in your life? What kind of support might you need?

Setting for the date:

Shut your phones so you can really focus on the topic.

The date:

Resist the urge to demonstrate your point by pulling up something on your phone; this conversation should be more about the topic than setting up the plans that you hope to implement.

(If you have watched things that you know you should not have, you might bring that up. Think carefully about dumping all the details of what and when. Seek support in how to share.)

Conversation starters:

How has technology changed everyday living? What are we now able to do that we couldn't without the technology we have today?

What are some of the drawbacks of having so much technology? (*Keep this focused to your family's unique situations.*)

What are some of the benefits? Which are superfluous or a bonus, but not necessary?

What are some technology habits that impede on the relationships in our family?

Why are we so attached to our phones? When do we turn to the phone (besides to make a call)?

What strategies might we put in place for limiting our technology use? What are some habits that we have read or heard about that we might consider implementing? How might we support each other?

Do we know how much time we actually spend on our phones? And what we are spending that time doing? (*You might check out some apps that can track your phone usage.*)

What is a situation where you felt that technology was really a problem? What was the circumstance? Who was involved? What were the consequences or fallout?

If we were to limit the number of sites we allow ourselves to access, what would those be (ie. create a whitelist)? What is so essential about those?

What are your thoughts about sharing passwords with each other? What are your thoughts about spouses having the permission to check in on each others' technology usage?

What kind of role models are we for the children about technology usage?

What are some policies we want to set for children's use of technology? How might we keep on top of that? How might we introduce that to the children?