

A P A R E N T ' S
T O
G U I D E

Teen FOMO

axis

In This Guide . . .

- **The only thing we have to fear is FOMO itself**
- **Where did the term FOMO come from?**
- **Why is it so powerful?**
- **How is it affecting and influencing us?**
- **How does social media relate to FOMO?**
- **What triggers it?**
- **How does it affect us long term?**
- **Why does Gen Z experience FOMO so intensely?**
- ***I* know FOMO isn't good, but *my kids* don't necessarily know that. So how do I point them back to Scripture when talking about it?**

—— How can I help my kids not become slaves to FOMO?

—— Conclusion

—— Related Axis Resources

—— Additional Resources