A Parent's Guide to Teen FOMO
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