What is your viewpoint?

- Those who are heavy media users will be inclined toward it.
- Those who do not use media or are low media users will be inclined against it.

Guiding Scriptures

- 1 Corinthians 6:12 “All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”
- Ephesians 4:29 “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying…”
- Ephesians 5:15-16 “See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil.”
- 1 Thessalonians 5:21-22 “Prove all things; hold fast that which is good. Abstain from all appearance of evil.”

Current Statistics

- 75% of 12 to 17 year olds own cell phones.
- 88% of teenagers use text messaging.
- Half of teenagers send 50 texts per day.
- One-third of teenagers send more than 100 texts per day.
- More than 60% of teenagers send or receive text messages after “lights out” and report increased levels of tiredness.
- 20% of adolescents have either sent or received a sexually explicit image by cell phone or Internet.

Time Children and Teens Spend with Technology

- Time spent with media is the leading activity for children and teenagers other than sleeping.
- 8 to 10 year olds spend ~ 8 hours/day (older children spend more than 11 hours/day)
- Young people now spend more time with media than they do in school.
- TV remains the predominant medium (average of 4+ hours per day).
- Nearly 1/3 of TV programming is viewed on computers, iPads, or cell phones.
- 1/3 of children and teenagers have internet access in their own bedroom.
- 1.5 hours per day is spent on the computer.
- Half of this time is spent in social networking, playing games, or viewing videos.

Widen Our Vision

- Technology - expand our view of technology beyond computer in the living room.
- Technology is much more widespread and provides much more access than that view.
- Purity - expand view of purity beyond sexual purity.
- Protection – expand view to beyond boundaries/filters.
- See the opportunities: See your decisions
  (Don’t be a victim)
- How will YOU discuss, teach, model, monitor, and engage Godliness and technology?

Move From Behavior To the Heart

Matt 15:17-19 “Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:”

- We have to shift our thinking to teaching others what we want them to pursue.
- Remember the “put off” and “put on” principles of the Word
- Technology can be used as a tool to expose the heart and allow for teaching.

Know the Enemy

- Technology is not the Enemy.
- Technology is everywhere and it is not going away.
- Technology offers easy access to violate God’s principles:
  - communication, honesty, stewardship, purity, …

1 Peter 5:8 “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:”

- Technology: wonderful gift and difficult battleground.

Discerning Well

- Examples - School project, reading an E-book, playing Angry Birds, etc.
- What characteristics define what is “good, bad, or neutral?”
  - Educational, Engaging, Passive, Productivity, Creating, Wholesome, Time, Risk, Entertainment, Relational Connection, Fun, Fantasy, Maturity
- To discern what is “Good, Bad, or Neutral,” you will need to be willing to learn.
  - www.commonsensemedia.org is a secular resource website to stay informed on new technology.
Two Levels of Discerning Questions

Level 1:
- Is it Right or Wrong? Truth or Error?

Level 2:
- Is it good, beneficial, or edifying?

Hebrews 12:1 “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,”

Ephesians 5:8-13

Level 1 Discernment
- Is it Right/Wrong, Truth/Error?

“For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: (For the fruit of the Spirit is in all goodness and righteousness and truth;) Proving what is acceptable unto the Lord. And have no fellowship with the unfruitful works of darkness, but rather reprove them. For it is a shame even to speak of those things which are done of them in secret. But all things that are reproved are made manifest by the light: for whatsoever doth manifest is light.”

Good things about Technology

- Communication, staying in touch, keeping people informed
  - Caring Bridge
  - Blog about an adoption journey
  - Sharing pictures
  - Skype – FaceTime

- Encouragement
  - Specific – reaching out to let someone know you care.
  - General – Someone posts an encouraging thought, verse, story, or video.

- Efficiency
  - Shopping
  - Workgroup Effectiveness

- Access to information
  - Education and Learning
  - Medical information

Caution – Danger Ahead

Bad Things about Technology

- Average age of first internet exposure to pornography – 11 years old
- Largest consumer of Internet pornography - 35-49 yrs
  - 8-16 year olds having viewed porn online - 90%
- Breakdown of male/female visitors to pornography sites - 72% male vs. 28% female

Other Common Dangers

- Sexual Sin
- Bullying
- Sending hurtful messages
- Making private moments too public
- Deception
- Over focus on self or others
- Inappropriate emotional connections via social media
- Poor Stewardship (time, finances, relationships)
What about the “Neutral”?

Develop Discernment and Discipline

Discernment

Level 2 Discernment: Is it Good, Beneficial, or Edifying?
- Can be different for each individual and will change for an individual as they mature.
- Know your vulnerabilities:
  - Ex.: Emotions, Tired, Stressed, Time of Day, Where
  - Have accountability
- Engage in ‘Growth’ vs. ‘Pass/Fail’ thinking
- Philippians 4:8, Romans 12:1-2

Discernment on a Personal Level

- Discipline:
  - Say “no” even when you don’t have to.
  - See the small decisions which help or hinder us. See how they lead to big decisions.
- Model and then Teach to others.

Discernment Toward Others: What Are you Modeling?

2 Timothy 2:21 “If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master’s use, and prepared unto every good work.”
- You must have boundaries if you expect others to have boundaries.
  - Social Settings
  - Bible Reading
  - Church
  - Supper
  - Free Time
- If you don’t know how to do something, how will you figure it out?

Get the Proper Mindset: Continued Growth in Everyday Life

Proverbs 22:6 “Train up a child in the way he should go: and when he is old, he will not depart from it.”
- Teach rather than merely restrict.
- See failures as opportunities (catch failures early).
- As individuals mature: Limit → Teach → Discuss
- Interact with your children.
- Discussion, Discussion, Discussion
- Regular, ongoing evaluation
- Is it time to “fast” from technology?
Principles For Engaging Technology

Guiding Scriptures

- **1 Corinthians 6:12** “All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”
- **Ephesians 4:29** “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying…”
- **Ephesians 5:15-16** “See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil.”
- **1 Thessalonians 5:21-22** “Prove all things; hold fast that which is good. Abstain from all appearance of evil.”

Guiding Principles from Scripture

- Does it reinforce Christ’s view of me?
- Does it promote purity?
- Is it good use of my time?
- Am I being Christ-like?
- Am I being socially appropriate?

Does it reinforce Christ’s view of me?

“*And ye are complete in Him, which is the head of all principality and power.*” Col 2:10

<table>
<thead>
<tr>
<th>Questions</th>
<th>Does it reinforce Christ’s view of me?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Am I seeking man’s approval?</td>
<td>Am I being approved according to the truth of the Bible?</td>
</tr>
<tr>
<td>Am I discontent?</td>
<td>Am I made grateful?</td>
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<tr>
<td>Am I comparing myself with others?</td>
<td>Is Christ being brought to bear as the standard?</td>
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</table>

Does it promote purity?

“For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.” 1 John 2:16

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<thead>
<tr>
<th>Questions</th>
<th>Does it promote purity?</th>
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<tr>
<td>Is it weakening my resolve to stay pure?</td>
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</tr>
<tr>
<td>Do I want to flirt with darkness?</td>
<td>Am I seeking after what God says is good for me to seek after?</td>
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Is it good use of my time?

“See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil.” Ephesians 5:15-16

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<th>Questions</th>
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</thead>
<tbody>
<tr>
<td>Is this poor use of time?</td>
<td>Is this wise use of time?</td>
</tr>
<tr>
<td>Is this choking out quietness with God?</td>
<td>Is this promoting and aiding quietness with God?</td>
</tr>
<tr>
<td>Is it hindering my connection with family and friends?</td>
<td>Is it promoting and aiding connections with family and friends?</td>
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Am I being Christ-like?

"Let your conversation [whole lifestyle] be as it becometh [in a manner worthy of] the gospel of Christ." Phil 1:27

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<tr>
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<tr>
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<tr>
<td>Am I administering falsehoods?</td>
</tr>
<tr>
<td>Am I being unkind?</td>
</tr>
<tr>
<td>Am I being kind?</td>
</tr>
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Am I being socially appropriate?

"See then that ye walk circumspectly, not as fools, but as wise…" Ephesians 5:15

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<td>Am I exaggerating bliss?</td>
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<td>Am I exaggerating hardship?</td>
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<td>Am I being too vulnerable for the audience?</td>
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<td>Am I honestly portraying myself and my family/loved ones?</td>
</tr>
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<td>Is it unwise for this moment/message to be forwarded on and/or captured forever?</td>
</tr>
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<td>Is it of no consequence if this moment/message gets forwarded on and/or captured forever?</td>
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Am I being Christ-like?

Questions

Am I administering hate? Am I administering love?
Am I administering condemnation? Am I administering grace?
Am I administering ridicule? Am I administering comfort?
Am I administering falsehoods? Am I administering truth?
Am I being unkind? Am I being kind?

Am I being socially appropriate?

Questions

Am I exaggerating bliss? Am I honestly portraying blessings?
Am I exaggerating hardship? Am I honestly portraying hardship?
Am I being too vulnerable for the audience? Is my vulnerability benefiting myself and my family/loved ones?
Is it unwise for this moment/message to be forwarded on and/or captured forever?
Is it of no consequence if this moment/message gets forwarded on and/or captured forever?

Protect Your Family

- Know Your Goal
  - What specific principles are you seeking to teach?
  - Be a teacher
    - How will you become a teacher to your child?
  - Engage Your Child: Build the Relationship
    - Where does your relationship need to grow?
  - Establish Appropriate Boundaries
    - What boundaries are appropriate for your family?
    - Reach out to supports for help
  - Who will you reach out to?

- Ezekiel 33:2-4 “Son of man, speak to the children of thy people, and say unto them, When I bring the sword upon a land, if the people of the land take a man of their coasts, and set him for their watchman: If when he seeth the sword come upon the land, he blow the trumpet, and warn the people; Then whosoever heareth the sound of the trumpet, and taketh not warning; if the sword come, and take him away, his blood shall be upon his own head.”

What Is Your Plan?

- Take Personal Inventory of Each Family Member:
  - Age/Maturity
  - Self-Discipline
  - Time management
  - Internet filters
  - Communication tendency (kind vs. critical)
  - Tendency to compare self to others
  - Current vulnerabilities
  - Openness to accountability
  - Answers from above should dictate level of freedom you should have related to technology:
  - Internet, phone, social media, …

Ratings

- If a secular society gives a rating to a movie or video game, realize the rating is a MINIMUM.
- Children, teens, adults are watching PG-13 and R-rated movies – either online, on TV, or in theaters – that are clearly inappropriate for them.
  - “Everybody has already seen it, but me.” vs. “Mind of Christ.”
- Gaming consoles – X-Box, Wii, PS3
  - Internet connected.
  - Mature ratings.
- Consult: Focus on the Family’s Plugged In
  - www.pluggedin.com
Filtering and Monitoring Software

- Filtering/blocking software denies access to inappropriate material and/or blocks access to the Internet browser within established time boundaries.
- Monitoring software provides accountability by allowing an accountability partner to see what another person is doing online.
- Remote Management Software allows users to allow/disallow specific apps on phones/tablets. Monitor time spent per app and/or allot a specific amount of time for an app. Remotely turn on and off access to all features.

Examples of Home Filters:
- Covenant Eyes (www.covenanteyes.com) Monitor and filter
- Router-Based Filtering
  - OpenDNS (www.opendns.com)
  - Circle (https://meetcircle.com) Filtering, device monitoring; allow/disallow apps by device.

Examples of Mobile Monitoring
- Circle Go (https://meetcircle.com/circle-go) Extends to all mobile and Wi-fi connections outside of one’s home.
- PhoneSheriff (www.phonesheriff.com) Filter and monitor specifically for mobile phones. iOS, Android, Windows
- Net Nanny Mobile (www.netnanny.com) robust features for Android-based devices
- NetSanity - https://netsanity.net/ iOS only

Some Examples Of Boundaries

What are Your Boundaries Teaching?

Examples of Boundaries:
- Less than 1 hour of “screen time” daily. (videos, computer, tablets, etc.)
- No “screen time” while in vehicle for less than 30 minutes.
- No “screen time” while friends are present unless they are included and limited to less than 30 minutes.
- Parents set personal limits on amount of free time in front of a screen.
- Devices (phones, computers, tablets) have filters and/or codes to assess material not appropriate for child. (i.e.: YouTube, Facebook, etc.)

Note:

- What follows are options… each family’s style, needs, and convictions will be different.
- Think about what your boundaries are teaching.
- You will need to adapt and edit these ideas to fit your specific situation.
### Middle School Age

**Examples of Boundaries:**
- No devices that access the internet in bedroom after 8pm.
- Cannot be on internet, playing games, or on phone before school unless ready to walk out the door.
- No “screen time” on Sunday mornings.
- Parents have passwords to all accounts: email, social media, etc.
- Parents are added as “friends” in all social media accounts.
- “Free time” in front of a “screen” (after homework, chores, family time, other responsibilities are met) will be limited to 1 hour daily.
- If child demonstrates enough maturity to have a phone, a cell phone agreement will be developed.
- Have an ongoing evaluation process where you are able to evaluate child’s personal growth (how they use time, how technology is used, what is being viewed, how edifying is communication, etc.) and where boundaries need to be strengthened/reduced.

### High School Age

**Examples of Boundaries:**
- No devices which access the internet in bedroom after 10pm.
- Limit “screen time” not necessary for school or learning to less than 2 hours daily.
- Parents have passwords to all accounts: email, social media, etc.
  - As teen demonstrates responsibility and maturity this should shift toward parents having less access to these accounts.
- Parents will talk with child about personal boundaries they have around technology.
- Develop a cell phone agreement.
- Have an ongoing evaluation process where you are able to evaluate teen’s personal growth (how they use time, how technology is used, what is being viewed, how edifying is communication, etc.) and where boundaries need to be strengthened/reduced.

### Consider this...

- Two thirds of children and teens report their parents have “no rules” about time spent with media (AAP 2013).
- There is a noticeable drop in social skills, emotional, and relational abilities with increasing technology use.
- Parents need to understand your children and gauge your rules and boundaries based on age and maturity level.
- Parents need to set and communicate clear boundaries and guidelines.
- Make consequences meaningful. They should feel it.

### Some Final Points To Consider

- Talk about the difference between:
  - “accidental exposure” vs “intentional exposure”
  - “voluntary confession” vs “being caught”
- Teen have a blog? Who are your kids’ “friends?” Who do they follow on Instagram? Who follows them? Do not “friend” those you do not know.
- Parental controls….use them.
  - Know your kids’ passwords, “friend” them, “follow” them, etc.

### Consider this...

- Grandparents – get filtering on their computers.
  - You need to know about this because it is a large part of your children and grandchildren’s lives.
- Parents – it is a lot of what is going on at school.
  - Technology isn’t a subject in school…it is how children are learning…it is part and parcel of their lives. They are immersed in it. Often they don’t have a choice.
  - Before children learn to read, they can use touch screens.
Final Take-Home Points for Kids

- Everything you post online is forever. Period.
  - Anything you send or put online (text, email, picture, post, etc.) can be re-sent – whether you intended it to be forwarded or not.

- Your parents have the right AND responsibility to monitor and stay aware of your technology use.
  - Parents must be FB “Friends” of their children online.

- Kids need to respect the limits your parents set. It is a privilege, not a right.
  - Break a boundary, pay a price. Period.

Be Intentional: Grow in Grace

- Technology in your world requires active monitoring.
  - Not sure how? Ask someone who does. Get help!
  - 2 Timothy 2:21 “If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master’s use, and prepared unto every good work.”

- Remember the goal. The goal is to grow in Christ and bring glory to His name.
  - 1 Cor. 10:31 “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”
  - Ephesians 4:15 “But speaking the truth in love, may grow up into him in all things, which is the head, even Christ.”

Guidance On Using Technology

For More Information:
www.accounseling.org/technology
Family Technology Plan
Technology Principles
Breaking Bread Podcast on cell phone usage
Technology Teaching Principles Discussion Aids
Internet Filtering/Monitoring Quick Reference