Technology Family Resource Page

Personal Habits

- When studying God's Word use a physical Bible rather than an app.
- When praying, silence your phone and place it out of sight.
- Charge your phone somewhere besides the bedroom and buy an alarm clock.
- Take a digital sabbath one day per week.
- Take longer digital sabbaths every few months.
- Take walks outside without a device.
- Sometimes leave your phone at home when you attend small group or other church related functions so you can be more present.
- Sometimes leave your phone at home when you are out running errands, going to the store or the gym. You'll be more available for personal interactions.
- Sometimes while driving, place your phone out of reach and out of sight.
- Set up designated times each day to check texts, email, or social media and when you are done, BE DONE!

Family Habits

- Avoid using screens as pacifiers, babysitters or to stop tantrums.
- Turn off screens 30-60 minutes before bedtime.
- Keep phones out of bedrooms and bathrooms.
- Keep the family table device-free during mealtime.
- Put down your phone and give your kids eye contact when they are talking to you.
- For your child's first phone, purchase one that is only for talk, text and limited apps (like Gabb phone or similar).
- Postpone smartphone purchase at least until high school.
- When your child receives their first smartphone, use filtering apps and parental control settings.

- Regularly check your child's app usage and messages. Remember, they do not own the phone. You do.
- Delay social media use until age 16 or older.
- Set up a hang out day with other families in which everyone is device free.
- Designate family digital sabbaths throughout the year.

Filtering Apps

- Best Parental Control Apps for 2024
    - https://www.top10.com/parental-control/comparison

Family Resource Links

- Parental Controls for Apple Products
    - https://support.apple.com/en-us/105121
- National Center for Missing and Exploited Children (Don't let the name fool you! They have some good resources!)
    - https://www.missingkids.org/netsmartz/resources
- Thorn for Parents
    - https://parents.thorn.org/discussion-guides/
- -How to Teach Our Children to Use Screens with Wisdom by Julie Masson
    - https://www.thegoodbook.com/blog/interestingthoughts/2019/04/18/how-to-teach-our-children-to-use-screens-with-wisd/?srsltid=AfmBOooV7MKhjitL6wSdnjcMvVWqqfSzueSnRhUSIEZXdEbmiqY3iRZJ

Family Resource Books

- *The Anxious Generation* by Jonathan Haidt (not a Christian author but still helpful)
- *My Tech-Wise Life* by Amy and Andy Crouch