

Managing Technology

Stats

- 1) The average age kids are getting smartphones today is 10 years old.
 - 53% of 11-year-olds have their own phones.
- 2) 89% of 13 to 17-year-olds have smartphones.
 - 95% have access to social media.
- 3) Kids, ages 8-12, spend an average of 4-6 hours a day on a screen.
- 4) Teens, ages 13-17, spend an average of 7-9 hours a day on a screen.
- 5) Common Sense Media study of phone usage, ages 11-17 (2023):
 - Some kids are spending 16 hours a day on their phones.
 - 97% used their phones during school hours.
 - 60% used them between the hours of midnight and 5am.
 - More than 50% of kids get 237 notifications per day- while some receive as many as 4,500.
 - 68% used social media and had at least one app rated "teen" or higher.
 - 45% of participants used apps with mature or adult-only ratings, such as porn sites, fantasy sports and betting apps.
 - More than 2/3 admitted to using technology as a way to escape "sorrow" and "negative feelings."

In a digital world, EVERYTHING is only a few taps away!!

**** Problem: Life's greatest values are not a few taps away.**

There's an epidemic of mental health issues

- Since the mid-2000s, the rate of depression and anxiety have skyrocketed.
- The rate of suicide among 10-14-year-olds has tripled since 2007.

WHY?

1. Kids aren't getting enough sleep and the #1 culprit is screens.
2. The pressures of social media.
3. Kids have a phone-based childhood rather than a play-based childhood.
 - Kids need risky play to know how to handle the stresses of life.

Suggestions for managing devices in the home:

1. **Connection before correction. Bonding before boundaries. Love before limits.**
 - Deut 6:4-9
2. **CONSTANTLY limit and monitor use.**
 - Pr. 24:3-4

You are the parent. You (probably) own the phone and pay for all services. Therefore, you call the shots!

- Delay giving kids their own devices.
- Kids should never get to use devices entirely at their own discretion.
- Keep devices out of the bedrooms (especially at night).
- No social media before 13-16 years of age and then limit and monitor use.
- Make sure you have all passwords and access to EVERYTHING.
- Perform regular phone checks.
- Never stop being vigilant even if you fail or become lax for a time.

****Replace with non-tech family times (dinner, game night, going for walks, family discussions, family devotions, etc.**

3. Train your kids in the way they should go

- Pr. 22:6

Devices aren't going away. We have to teach our kids how to use their devices.

SACRED HOME

Theological Foundations for the Family Challenges of Modern Parenting



The Dangers of Pornography

- 90% of young men and 30% of young women report having used pornography.
- The Australian Institute of Family Studies found, “Nearly half of children between the ages of 9-16 experience regular exposure to sexual images.

Pornography use is more acceptable, accessible, affordable, and anonymous than ever before.

Pornography is extremely powerful. It literally rewires the brain.

- It too is highly addictive.
- There’s no redemptive value.
- It objectifies women.
- It teaches that anything goes.
- It removes any relation aspect to a sexual relationship.

Be vigilant to protect our kids!!

There is hope, healing and forgiveness in the gospel.