

THE KING'S ACADEMY
562 North Britton Ave. | Sunnyvale, CA
www.fka.org

Teens & Tech
what technology is doing to our families and what to do about it

1

Quiz: How many of the following can you identify?

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How many of these text shorthands do you know?

LOL	DBEYR	SMH
BRB	ROFL	AFK
F2F	IMHO	JK
BTW	FWB	TOTES
CYA	RENTS	

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First a disclaimer...

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What is technology?
What is it doing to us?
How shall we respond?
Practical tips.

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What is technology?

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The word technology refers to the making, modification, usage, and knowledge of tools, machines, techniques, crafts, systems, and methods of organization, in order to solve a problem, improve a preexisting solution to a problem, achieve a goal, handle an applied input/output relation or perform a specific function.



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The word technology refers to the making, modification, usage, and knowledge of tools, machines, techniques, crafts, systems, and methods of organization, in order to solve a problem, improve a preexisting solution to a problem, achieve a goal, handle an applied input/output relation or perform a specific function.



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Technology is an extension of us.
Technology is a reflection of us.

The distinction between us and
that is very thin.

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If we blame the technology, we
may be missing the real issue.
(scapegoat)

If we love the technology, we may
really be loving ourselves.
(narcissism)

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"...the chief error of
Narcissus was not that
he fell in love with
himself but rather that
he failed to recognize
himself in the fountain's
reflection."

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What is technology doing to us?

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"The medium is the message."



"We shape our tools, and then our tools shape us."

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REGARDLESS OF CONTENT!!!

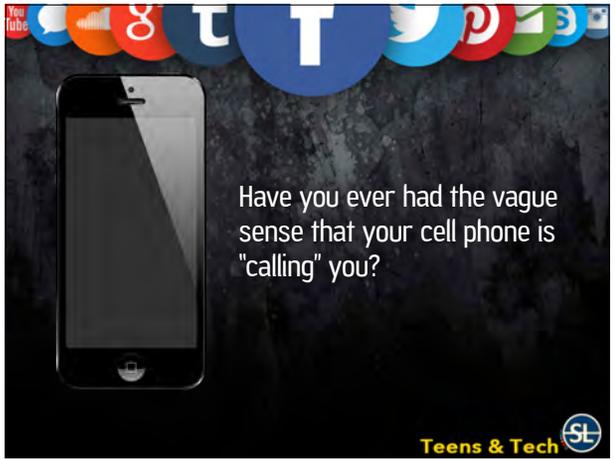
It's not **WHAT** you do on your phones

It is **THAT** you are on your phones.

The solution is **HOW** you are to live with your phones.

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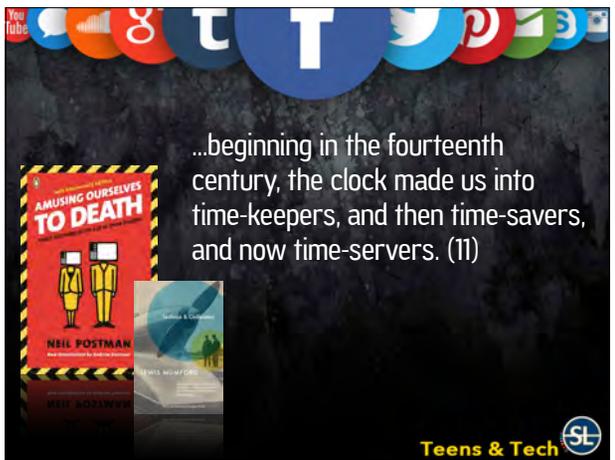
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Have you ever had the vague sense that your cell phone is "calling" you?

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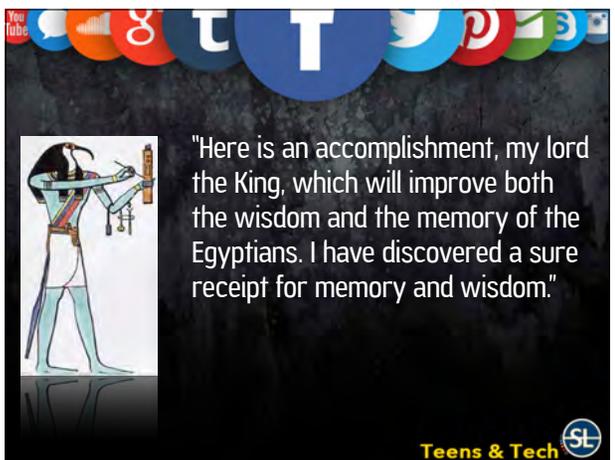
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...beginning in the fourteenth century, the clock made us into time-keepers, and then time-savers, and now time-servers. (11)

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"Here is an accomplishment, my lord the King, which will improve both the wisdom and the memory of the Egyptians. I have discovered a sure receipt for memory and wisdom."

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"Theuth, my paragon of inventors, the discoverer of an art is not the best judge of the good or harm which will accrue to those who practice it. So it is in this; you, who are the father of writing, have out of fondness for your off-spring attributed to it quite the opposite of its real function.

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Those who acquire it will cease to exercise their memory and become forgetful; they will rely on writing to bring things to their remembrance by external signs instead of by their own internal resources. What you have discovered is a receipt for recollection, not for memory.

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And as for wisdom, your pupils will have the reputation for it without the reality: they will receive a quantity of information without proper instruction, and in consequence be thought very knowledgeable when they are for the most part quite ignorant.

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And because they are filled with the conceit of wisdom instead of real wisdom they will be a burden to society.

Plato, "Phaedrus"

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Another disclaimer...

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- ✦Disrupting our development
- ✦Disintegrating our relationships
- ✦Distracting our mental skills and abilities
- ✦Depriving us of feeling

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- ✦Disrupting our development
- ✦Disintegrating our relationships
- ✦Distracting our mental skills and abilities
- ✦Depriving us of feeling

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...research suggests that the process of tapping a screen or keypad and engaging with the screen activity may itself be rerouting brain development in ways that eliminate development of essential other neural connections your child needs to develop reading, writing, and higher-level thinking later. (79)

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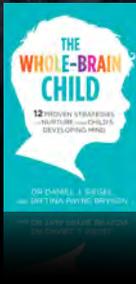
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...research suggests that the process of tapping a screen or keypad and engaging with the screen activity may itself be rerouting brain development in ways that **eliminate** development of essential **other neural connections** your child needs to develop reading, writing, and higher-level thinking later. (79)

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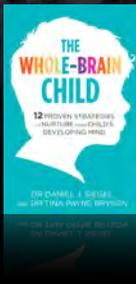
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Neuroimaging suggests that when kids play violent video games, the medial prefrontal cortex — the part of the brain that allows us to balance our emotions, be empathetic, and make thoughtful decisions — becomes less active.

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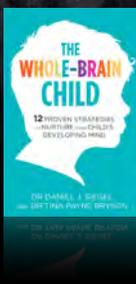
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And at the same time, the amygdala — the part of the brain that causes us to act before we think, be territorial, and reactive — becomes more active. Keep in mind that repeated activation in the brain impacts how the brain is wired. The brain develops what it gets practice doing.

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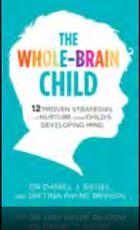
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The content matters, not just in terms of what kids' eyes and minds are exposed to, but in terms of how the circuitry of their brains gets activated and wired.

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Just because they "can" does not mean they "should."

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- ✦Disrupting our development
- ✦Disintegrating our relationships
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- ✦Depriving us of feeling

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- Disrupting our development
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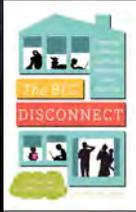
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The development of empathy comes from direct experience that lays down neural pathways in both the left and right hemispheres of the brain and through the body: to say we "feel" empathy for someone is biologically accurate. (50)

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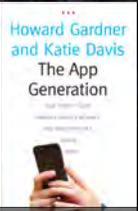


When those neurons fire "they dissolve the border between you and others." ... That's empathy. (51)

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It may feel more comfortable to remove the risk from social interactions, but if we don't put ourselves out there, we can't truly connect with others (isolation). And, if we don't truly connect with others, we can't put ourselves in their shoes (empathy). (119)

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1. Technology ultimately numbs that which it extends.
2. If social media "extends" our interpersonal interaction, then our ability to connect is also numbed.
3. The remedy is to ensure that face-to-face always takes place.

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- +Disrupting our development
- +Disintegrating our relationships
- +Distracting our mental skills and abilities
- +Depriving us of feeling

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49

- †Disrupting our development
- †Disintegrating our relationships
- †Distracting our mental skills and abilities
- †Depriving us of feeling

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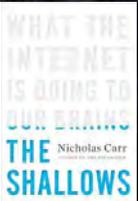


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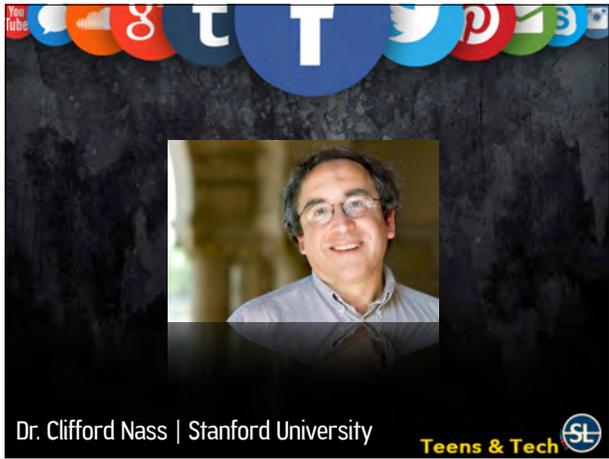
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...when we go online, we enter an environment that promotes cursory reading, hurried and distracted thinking, and superficial learning. It's possible to think deeply while surfing the Net, just as it's possible to think shallowly while reading a book, but that's not the type of thinking the technology encourages and rewards. (116)

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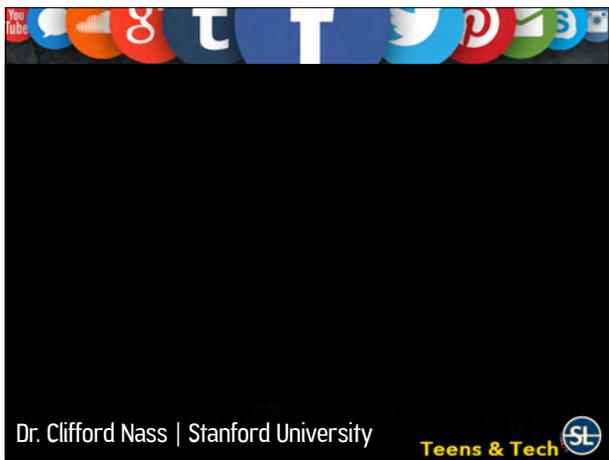
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Dr. Clifford Nass | Stanford University

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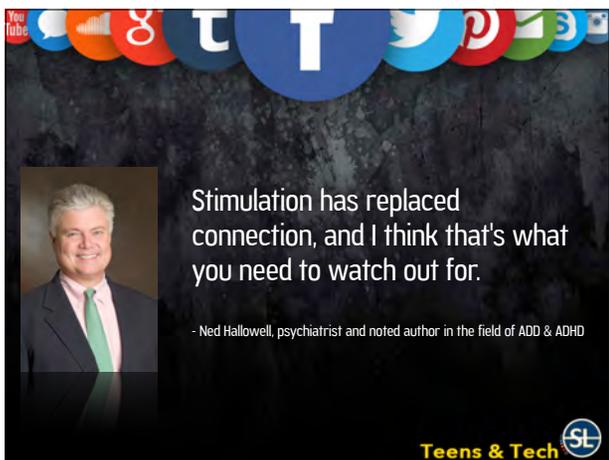
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Dr. Clifford Nass | Stanford University

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Stimulation has replaced connection, and I think that's what you need to watch out for.

- Ned Hallowell, psychiatrist and noted author in the field of ADD & ADHD

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- †Disrupting our development
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As we saw with simpler robots, the children's attachments speak not simply to what the robots offer but to what children are missing. Many children in this study seem to lack what they need most: parents who attend to them and a sense of being important.

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Children imagine sociable machines as substitutes for the people missing in their lives. When the machines fail, it is sometimes a moment to revisit past losses. What we ask of robots shows us what we need.

(87)

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When those neurons fire "they dissolve the border between you and others," ... That's empathy. (51)

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Dr. Michael Thompson

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- ✦Disrupting our development
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How shall we respond?

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For the first time in history are we experiencing a "Generational Inversion"

"Natives" vs. "Immigrants"

Avoid "Generational Chauvinism"

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Love.
Do not fear.
Do not blame.
Do not be seduced.
Seek first to understand.
Embrace your calling as a parent.

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Practical tips.

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Talk about tech with your kids.

Don't talk about tech.
Online activity realities.
Start with the art of questions.
Talk about your faith being reflected in everything.

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Consider carefully how you use technology.

Everything communicates something.
You model for your kids.
You are their number one influence.

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Shut it down. Turn it off. Put it away.

"Unplug" your gadgets and devices.
Do not underestimate the power of abstinence.
Your technology is not as important as your kids.

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It is the parental paradox of our time: never before has there been so much opportunities for families to plug in and at the same time disconnect. (7)

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Tech offers nothing your baby needs more than you. (68)

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Be mindful of how you speak about your child's friends.

Everything communicates something. Your kids perceive your attitude through your reactions to their friends. Talk about your child's friends with grace and hope.

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Have an "amnesty" policy.

Does your kid know that home is safe? "I don't care what you've done, or what you've said, come home."

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Be the "first responders" to your kids.



"And just as with a paramedic or ER team, the first moves you make and the quality of your response have a critical effect on outcomes." (231)

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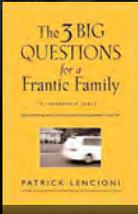


Sign a family "tech covenant."

Establish "family" boundaries and limits.
No devices behind closed doors.
Put the computer in public.
Write a family "mission" statement.

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I think we under-manage our families because we take them for granted. Sadly, it's not until people actually have to face the possibility of losing their families...that they finally come to realize that a little planning and strategy would have been worthwhile.

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The 3 BIG QUESTIONS for a Frantic Family
By Patrick Lencioni

But by then they're spending hours and hours in painful discussions or counseling sessions just trying to recover what they're on the verge of losing. Which reinforces the importance of the old saying, 'an ounce of prevention is worth a pound of cure.' (ix)

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The 3 BIG QUESTIONS for a Frantic Family
By Patrick Lencioni

What makes the ___ family unique?

What is the most important priority in our lives right now?
(To do that we will...)

How will we keep these things alive?

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Take advantage of the little, small, seemingly insignificant moments.

Small investments over long periods of time reap great rewards.

No act of connection, attachment, empathy is a waste.

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Skin trumps silicon every time.



"In the beginning was the Word ... The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth." - John 1:1, 14

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Ultimately, whether digital media lead youth to feel connected or isolated from others will depend on their orientation toward these media: Is theirs an app-enabling or an app-dependent stance? Do they use apps to augment or replace their offline relationships? (109-110)

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THE KING'S ACADEMY

Julie Jahde





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what technology is doing to our families and what to do about it

December 3, 2013



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What Technology is Doing to our Families and What To Do About It

A Seminar for Families and Youth Leaders
December 3, 2013

Thank you for attending this seminar. This handout is designed to be a resource for you and your family. Enclosed you will find the references to much of the material presented as well as articles, websites, and books for following up and going deeper. Ultimately we hope you feel inspired and optimistic about your family's future in this digital age.

If you have any further questions, or if we can be of any further assistance to you, please do not hesitate to contact me.

In Christ's Love & Service,



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Watch



Eli Pariser: Beware online “filter bubbles”
 Damon Horowitz calls for a “moral operating system”
 Sherry Turkle: Connected But Alone?



“Growing Up Online”
 “Inside The Teen Brain”
 “Digital Nation: Life on the Digital Frontier”

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<http://www.common sense media.org/>
<http://www.digitalkidsinitiative.com/>
<http://www.theprotectors.org/>

Read

The following are headlines of articles with a brief excerpt to give you an idea of the content. The links listed below the title. Most articles can be found simply by searching the title.

Kaplan Test Prep Survey: More College Admissions Officers Checking Applicants’ Digital Trails, But Most Students Unconcerned

<http://press.kaptest.com/press-releases/kaplan-test-prep-survey-more-college-admissions-officers-checking-applicants-digital-trails-but-most-students-unconcerned>

“Our advice to college applicants is to run themselves through online search engines on a regular basis to be aware of what information is available about them online, and know that what’s online is open to discovery and can impact them,” said Basili. “Sometimes that impact is beneficial, if online searches turn up postings of sports scores, awards, public performances or news of something interesting they’ve undertaken. But digital footprints aren’t always clean, so students should maintain a healthy dose of caution, and definitely think before posting.”

When Technology Addiction Takes Over Your Life

<http://www.webmd.com/mental-health/features/when-technology-addiction-takes-over-your-life>

Multitasking can cause the brain to overheat, like a car engine, says Hollowell. “The brain needs periods to recover, not just sleeping at night,” he says, “but during the day, [it needs] periods of rest and recovery. It simply can’t run straight out all day long at peak performance.”

Type A people, who feel obliged to respond to every email, can work themselves into what Dr. Hollowell dubs the F-State - frantic, frazzled, frenzied. "They get toxic stress and burn up energy rapidly and wastefully," he says. "In that state, they do bad work, lose friends, and lose clients. It's bad for them in every measurable way."

Here's What A Constantly Plugged-In Life Is Doing To Kids' Bodies

http://www.huffingtonpost.com/2013/10/17/teens-on-screens_n_4101758.html



Here are some ways screens may be harming your kids' bodies and what you can do about it:

They're Hunched Over, And Their Necks And Upper Backs Are Sore

What To Do: Be conscious of ergonomics when kids are at their computers.

They're Less Active

What To Do: Kids and teens should get at least one hour of moderate to vigorous physical activity each day at least three times a week to increase strength and develop strong muscles.

Their Fingers And Wrists Are Suffering

What To Do: Two hours per day is too much for a 7- or 8-year-old. Additionally, [HuffPost Healthy Living has put together a comprehensive guide to alleviate pain from smartphone use](#) that you can share with your teen.

Their Sight Could Be Affected

What To Do: A computer user should shift focus away from a screen every 20 minutes and take 20 seconds to look at something that is at least 20 feet away. "This gets you blinking again," Epley said. "And restores moisture to the surface of the eye."

Their Sleep Is Disrupted

What To Do: Teenagers should get 9.25 hours of sleep each night (although for some kids, 8.5 hours is enough). [Discuss a nighttime plan with your kids](#) -- either phones off after 11 p.m., or requiring them to charge it in another room overnight.

They're Losing A Little Bit Of Hearing

What To Do: Parents can set the maximum volume on their kids' iPods and lock it with a code.

So, moms and dads, it's time to walk away from the computer, put the phone down and enjoy your kids face to face.

Kids & Technology: The Developmental Health Debate

<http://mashable.com/2011/08/09/kids-tech-developmental-health/>

Although he is a proponent for technology integration in modern child rearing, Rosen says there is the very real possibility of overdoing it. Many parents believe they're doing a great job raising their child if he is quietly playing video games in his room all day. That child will lose communication skills, he says. Technology must be "chosen correctly."

Although the debate rages on, Rosen and Rowan do agree on some things. Both referenced recent data indicating that extended use of [social networks like Facebook can result in a decrease in empathy](#) among teens, and thus an increase in narcissism. “[Overuse of Facebook by] teens can potentially lead to a problem psychologically,” says Rosen. It’s what he refers to as an iDisorder, a term he will discuss in his upcoming book about how to avoid tech-related psychiatric symptoms. However, it’s not the platform’s fault, he says. “It’s the way we relate to the platform. It makes it easy to be narcissistic. You can type anything and not see a person’s face crying on the other end.”

Furthermore, neither believes that a complete unplug is necessary – or even safe.

What Can Parents Do?

1. Get the TV out of the children’s bedrooms.
2. Talk about it.
3. Evaluate appropriate tech by age.
4. Institute “tech breaks.”
5. Set aside “sacred time.”
6. Encourage “healthy” technology.
7. Trust your kids

How To Coach Your Kids in their On-Line Behavior

http://mydigitaltat2.com/news_views_inthepress.html

Lean In As for us parents, they coached us to lean in. Don't be fearful and frozen about your kids' life in the digital world. Engage and get involved. Be curious not furious

Engage We need to be with them as they venture into cyberspace. Of course having filters on our devices is critical, but nothing replaces being present while they are learning.

Model balance and empathy Our kids need to see us put down our phones and engage and connect with actual friends - not only Facebook "friends". We should continually ask ourselves, are we engaged or are we passive with our kids.

In our on-line life and in our real life, we should ask ourselves if what we are about to do is: True, Helpful, Inspiring, Necessary and Kind?

5 Things You Must Learn To Help Protect Your Teen’s Online Reputation

<http://parentingtodaykids.com/article/5-things-you-must-learn-to-help-protect-your-teens-online-reputation/>

To help protect your teen’s online reputation, there are five things you must learn how to do:

1. **Set Up a Google Alert**
2. **Keep Track of Your Teen’s Online Activities**
3. **Use Social Networking Sites**
4. **Get Damaging Information Removed From the Web**
5. **Be Vigilant**

Setting up Google Alerts for your child

<http://www.risk-within-reason.com/2011/07/06/tip-using-google-alerts-to-monitor-your-childs-digital-footprint/>

Use a minus sign (“-”) in front of any terms you want to exclude from the results (example: London -Ontario). You can also use a plus sign (“+”) in front of a term that you want matched as precisely as you type it, excluding spelling variations and synonyms (example: +Alissa to exclude searches for Alyssa or Elisa or Alicia, etc.).

You can also use "site:" if you are particularly interested in a specific site.

"Alissa Sklar" site:facebook.com will return all of the publicly accessible mentions of my name on Facebook. Just typing in "Alissa Sklar" facebook will return all links that use both my name and the word facebook. It seems like a small distinction, but it can help weed out unnecessary results.

5 best apps to protect teens, kids online

<http://www.ksl.com/?sid=27523504&nid=148>

App Certain

Cost: Free

App Certain will email parents when their child downloads a new app, and will provide an analysis about that app like if the app has expensive in-app purchases or accesses your contact list. Parents can also utilize a "curfew mode" which gives the remote access ability to turn off their children's access to their apps and games.

Norton Family Parental Control

Cost: Free (\$50 option)

The free version allows users to see which websites their kids are visiting from their computer or mobile device and allows parents to block specific sites. Users also can receive a 7-day history of their child's online activities. For parents worried about cyber bullying, the paid version installs on all computers in the home and android phone users can see their child's text messages.

K-9 Browser

Cost: Free

K-9 Browser is a top-rated browser that individuals can use instead of the Internet Browser that comes with a phone service. The app will block adult content. It's available for the iPad, iPhone, iPod, Android and desktop computer.

Mobile Watchdog

Cost: \$5 per month

Mobile Watchdog allows users to monitor all cell phone activity on Android devices – text messaging, application use, and browsing use. The app will send you an email of a child's mobile phone activity.

Net Nanny

Cost: Apple: \$4.99; Net Nanny social: \$20; Android: \$12.99

Net Nanny has mobile monitoring services for Android and Apple that will help block adult content. It also offers Net Nanny Social which allows their software to screen for cyber bullying or unsafe activity. If anything unsafe is detected, parents receive an alert. Parents can also login and see all social media activity in a dashboard.

Multitasking may harm the social and emotional development of tweenage girls, but face-to-face talks could save the day, say Stanford researchers

<http://news.stanford.edu/news/2012/january/tweenage-girls-multitasking-012512.html>



Tweenage girls who spend endless hours watching videos and multitasking with digital devices tend to be less successful with social and emotional development, according to Stanford researchers.

But these unwanted effects might be warded off with something as simple as face-to-face conversations with other people.

There is good news in the recent survey, however. For the negative effects of online gorging, "There seems to be a pretty powerful cure, a pretty powerful inoculant, and that is face-to-face communication," Nass said.

"Kids in the 8-to-12-year-old range who communicate face-to-face very frequently, show much better social and emotional development, even if they're using a great deal of media."

Media multitaskers pay mental price, Stanford study shows

<http://news.stanford.edu/news/2009/august24/multitask-research-study-082409.html>

Think you can talk on the phone, send an instant message and read your e-mail all at once? Stanford researchers say even trying may impair your cognitive control. So maybe it's time to stop e-mailing if you're following the game on TV, and rethink singing along with the radio if you're reading the latest news online. By doing less, you might accomplish more.

Cyberbullying Tips for Parents

<http://bullybeware.com/cyberbullying-tips.html>, & http://mydigitalat2.com/kids_voices.html

Here's how to work to keep kids safe in their online worlds:

- *The number 1 behavior - build caring and trusting relationships with your kids*
- *Teach your children and talk to them frequently about safe online behavior, including both acceptable and unacceptable online behaviors (see below for more detailed outlines)*
- *Monitor your child's online chat rooms*
- *Google your child's name and nickname. Kids often build a "secret" facebook or other social page, separate from what their parents know about.*
- *Our youth often feel more attached to their peer group than the adults around them, and therefore, if they disclose any alarming behaviors or feelings, they tell their friends. Encourage your child to tell you if they read any messages from friends that are alarming or have content about self-harm, wanting to end it all, life being too challenging or any other comments that are negative*
- *Be sure to own the same or similar device that your child owns and know how to use it. Keep it with you.*
- *Check permissions - be sure your child has privacy settings*
- *Although we know that many youth have accepted strangers as friends, no one has 300 friends. Talk to your child about the content they are sharing with strangers. Remember - Amanda had friended several strangers, and one of these strangers coerced her into behaving in a way she never would have.*

About on-line privacy:

"Do not share passwords or your cell phone even with your best friends."

"Privacy settings don't make it private."

"Nothing is really private online."



About digital reputation:

"Swearing online makes you look like someone you want to stay away from."

"If you do something now online and try to get a job later, people may not hire you if you post something they do not like. They will think you are not someone they want to hire."

"Tattoos are permanent, and what you put on the internet is permanent."

About the power of words both on and off-line:

"Sticks and Stones may break your bones, but words hurt like being hit by a tree trunk."

"Not everything on-line is true."

"Someone can still be smiling on the outside after being bullied, but be hurting on the inside and not tell anyone."

For the Least of These: The Church Must Speak Out Against Bullying

<http://www.cymt.org/for-the-least-of-these/>

There are five easy ways young people may live out the example of Christ, calling someone out and calling for accountability.

1. **Be a friend to someone who is being bullied.** *There is strength in numbers and this communicates to others that the bullying act is not the defining factor in life.*
2. **Tell a trusted adult.** *Adults are able to intervene in ways peers are not.*
3. **Help the one being bullied to get away.** *Walk with them, invite them to sit with you, or do whatever may be needed to remove them from the situation. But be careful, here, to raise awareness that they need to protect themselves from being in harm's way, as well.*
4. **Set a good example.** *Don't bully others and speak up when someone else tries.*
5. **Refuse to give bullying an audience.** *Bullies feed off the energy of a crowd. The more laughing and cheering takes place, the more bullying becomes entrenched. Let a bully know it is unacceptable by walking away. [5]*



FAMILY DIGITAL COVENANT OF CONDUCT

I understand that my use of a computer/cell phone is conditional on following these rules. . .

- I will agree to follow my parents' guidelines for when and how I use the computer and other devices.
- I will not seek out, access, look at, download, copy, post, or send any inappropriate content, photos, or other material.
- I will obey all online age limits.
- I will not give out any personal information including my address, birthdate, social security number, passwords, phone number, or picture.
- I will not publicly post where I am during the course of the day.
- I will not respond to emails, texts, or instant messages from people I do not know.
- I will not arrange to personally meet anyone I encounter or meet online.
- I will immediately report any suspicious or uncomfortable advances by others, bullying, sexual messages, or requests to meet in person to my parents and some other trusted adult.
- I will not purchase apps, programs, products, or services online without my parents' permission.
- I will not install software without parental permission.
- I will not lie or deceive others online.
- I will obey copyright laws and not illegally download or upload music, movies, or other content.
- I will not use the Internet to illegally copy or plagiarize information.
- I will not use my cellphone while driving.
- I will obey all of my school's rules for cellphone use.
- I will always use discretion and kindness in how I communicate to others, only saying what I would be willing to say to them face-to-face.
- I will not bully or make others look bad.
- I will not bypass any online restrictions or filters.
- I understand that these rules apply not just to my use of the computer at home, but wherever and whenever and however I go online.
- I understand that violating any of these rules may result in the loss of my computer and/or cellphone privileges, and I will accept the consequences of my actions.

My Signature _____ Date _____
Parent(s) Signature(s) _____ Date _____



An additional possibility in writing the covenant is to use “we” and “our” language. Below are a few examples.

Our Family Digital Covenant

We, the members of the _____ family agree together to the following terms and conditions for the express purpose of ensuring the spiritual, mental, relational, and physical health of the whole family as well as each individual member of our family.

- We will not use the Internet to illegally copy or plagiarize information.
- We will not use the cellphone or any other digital device while driving.
- We will honor all meal times together without any devices.
- We will not use any technological means to communicate with each other when family members are in the same house.
- We will not avoid or ignore each other by means of any electronic device.
- We will protect the family bond.
- _____

Books for Adults, Parents, Teachers



- Catherine Steiner-Adair. *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*. Harper, 2013. (374 pages)
- Kara E. Powell & Dr. Chap Clark. *Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids*. Zondervan, 2011. (222)
- Laurence Steinberg. *The 10 Basic Principles of Good Parenting*. Simon & Schuster, 2004. (207 pages)
- Patrick Lencioni. *The 3 Big Questions for a Frantic Family*.
- Paul Tough. *How Children Succeed; Grit, Curiosity, and the Hidden Power of Character*. Mariner Books, 2013. (231 pages)
- Reggie Joiner & Carey Nieuwhof. *Parenting Beyond Your Capacity: Connect Your Family to a Wider Community*. David C. Cook, 2010. (199 pages)
- Walt Mueller. *The Space Between: A Parent's Guide to Teenage Development*. Zondervan/YS, 2009.
- Wendy Mogel. *The Blessing of a Skinned Knee: Using Jewish Teachings To Raise Self-Reliant Children*. Scribner, 2008. (304 pages)
- Daniel J. Siegel & Tina Payne Bryson. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. Bantam, 2012. (192 pages)

Books on Technology & Culture



- Howard Gardner and Katie Davis. *The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World*. Yale University Press, 2013. (244 pages)
- Kevin Kelly. *What Technology Wants*. Viking, 2010. (405 pages).
- Marshall McLuhan & Lewis H. Lapham. *Understanding Media: The Extensions of Man*. MIT Press, 1994. (392 pages)
- Marshall McLuhan. *The Medium and the Light: Reflections on Religion*. Gingko Press, 2002. (224 pages)
- Neil Postman. *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*. Penguin Books, 1985. (183 pages)
- Neil Postman. *Technopoly: The Surrender of Culture to Technology*. Vintage Books, 1992. (222 pages)
- Nicholas Carr. *The Shallows: What the Internet is Doing to our Brains*. W.W. Norton & Company, Inc., 2010. (276 pages)
- Shane Hipps. *The Hidden Power of Electronic Culture: How Media Shapes Faith, The Gospel, and Church*. Zondervan, 2005 (176 pages)
- Sherry Turkle. *Alone Together*

Books for Students

- Alex and Brett Harris. *Do Hard Things: A Teenage Rebellion Against Low Expectations*. Multnomah Books, 2008. (241 pages)
- Zach Hunter. *Be The Change*. Zondervan, 2007.

TOP 10 COMMANDMENTS FOR PARENTS

⁶ *These commandments that I give you today are to be on your hearts.* ⁷ *Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.* ⁸ *Tie them as symbols on your hands and bind them on your foreheads.* ⁹ *Write them on the doorframes of your houses and on your gates.*

 **Deuteronomy 6:6-9**

There is no more important job in any society than raising children, and no more important influence on how children develop than their parents.

1. What You Do Matters

BE A MINDFUL PARENT | CHILDREN LEARN BY WATCHING | LEARN FROM YOUR MISTAKES

2. You Cannot Be Too Loving

YOU CANNOT SPOIL YOUR CHILD WITH LOVE | PRAISE YOUR CHILD'S ACCOMPLISHMENTS | RESPOND TO YOUR CHILD'S EMOTIONAL NEEDS | PROVIDE A SAFE HAVEN

3. Be Involved in Your Child's Life

TAKE AN INTEREST IN YOUR CHILD'S INTERESTS | AVOID INTRUSIVE PARENTING

4. Adapt Your Parenting to Fit Your Child

KEEP PACE WITH YOUR CHILD'S DEVELOPMENT | ADJUST YOUR PARENTING TO YOUR CHILD'S TEMPERAMENT | YOUR CHILD IS UNIQUE | HAVE PATIENCE DURING DEVELOPMENTAL TRANSITIONS | YOUR CHANGING ROLE AS A PARENT.

5. Establish Rules and Set Limits

ALL CHILDREN NEED RULES AND LIMITS | BE FIRM, BUT BE FAIR | RELAX LIMITS AS YOUR CHILD MATURES

6. Help Foster Your Child's

Independence

YOUR CHILD NEEDS AUTONOMY | GIVE YOUR CHILD PSYCHOLOGICAL SPACE | DON'T MICROMANAGE YOUR CHILD'S LIFE | PROTECT WHEN YOU MUST, BUT PERMIT WHEN YOU CAN

7. Be Consistent

BE CONSISTENT FROM DAY TO DAY | BE CONSISTENT WITHOUT BEING RIGID | IDENTIFY YOUR NONNEGOTIABLES

8. Avoid Harsh Discipline

SHOULD CHILDREN BE PUNISHED | NEVER USE PHYSICAL PUNISHMENT | DON'T BE VERBALLY ABUSIVE | CONTROLLING YOUR ANGER | THE RIGHT WAY TO PUNISH

9. Explain Your Rules and Decisions

BE CLEAR ABOUT WHAT YOU EXPECT | REASON WITH YOUR CHILD | HEAR YOUR CHILD'S POINT OF VIEW | ADMIT YOUR MISTAKES

10. Treat Your Child With Respect

GETTING AND GIVING RESPECT | HAVE TWO-WAY CONVERSATIONS | "DON'T TALK BACK"

Taken from Laurence Steinberg. *The 10 Basic Principles of Good Parenting*. Simon & Schuster, 2004. (207 pages)



TOP 10 COMMANDMENTS FOR STUDENTS

“Honor your father and your mother, as the LORD your God has commanded you, so that you may live long and that it may go well with you in the land the LORD your God is giving you.

 **Deuteronomy 5:16**

1. What You Do Matters

BE A MINDFUL CHILD | PARENTS LEARN BY WATCHING |
LEARN FROM YOUR MISTAKES

2. You Cannot Be Too Loving

YOU PARENTS NEED LOVE TOO | BE A THANKFUL CHILD

3. Be Involved in Your Parent’s Life

TAKE AN INTEREST IN YOUR PARENT’S INTERESTS

4. Have Patience For Your Parent

YOUR PARENTS ARE LEARNING TOO

5. Obey The Rules and Limits

DO THE NEXT THING YOU KNOW IS RIGHT

6. Explain Your Behaviors and Decisions

BE CLEAR ABOUT WHAT YOU FEEL | LISTEN TO YOUR PARENT’S POINT OF VIEW | ADMIT YOUR MISTAKES

7. Treat Your Parent With Respect

GETTING AND GIVING RESPECT | HAVE TWO-WAY CONVERSATIONS | “DON’T TALK BACK”

Inspired and adapted from Laurence Steinberg. *The 10 Basic Principles of Good Parenting*. Simon & Schuster, 2004. (207 pages)



