

**Grey Stone Distance Discipleship
Tech Talk - Amanda Cooley**

Session 1 - What Does God's Word Say?

Technology and media are part of our everyday lives and the capabilities of technology are expanding and growing everyday.

We also know that technology also puts an enormous amount of information at our fingertips, whether it be positive or damaging. It is vital that we as a people group consider the affect technology has had on our lives and not allow the negatives to outweigh the positives.

BIBLICAL FOUNDATION

1. Technology is a _____ that can be used to share the message of Christ.

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in[the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.

Matt 28:18-20

2. Communication is also needed to fulfill the _____ in Matthew 28. We are warned of the importance of being mindful of what we communicate in James 3:9-10

*With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers, these things ought not to be so.
James 3:9-10*

3. WE must be mindful of this as we utilize technology.

Philippians 2:14-16 sets a high obligations for our use of media

Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.

Philippians 2:14-16

_____ encourages us to live in unity and find our joy in Christ - not in social media or technology which is where so many turn to these days for comfort.

4. Part of the importance of healthy technology use is guarding our _____.

Solomon speaks to this in Proverbs 4:23-27

Keep your heart with all vigilance, for from it flow the springs of life. Put away from you crooked speech, and put devious talk far from you. Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil.

Proverbs 4:23-27

The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually.

Genesis 6:5

God destroyed an entire civilization because they had "heart trouble" He sent the _____ .

5. As we think about guarding our hearts we must also guard our _____:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2

As we think about the commands of God to guard our hearts and minds, how do we apply the to technology use?

Session 2 - Developing a Family Plan

TECHNOLOGY USE

1. We typically use media in three ways:

- media _____ - passive
- media _____ - interaction with others, email, social media
- media _____ - work and creativity

2. Excessive media can be associated with:

- Obesity
- Lack of _____
- School Problems
- Aggression
- _____ Challenges
Increases in depression and suicide appeared among teens in 2012
– the same time smartphone ownership became the norm
- Other behavior issues

3. Positives affects of media

- Creativity
- Educational pursuits
- Connection with others
- Daily living tasks

CREATING A TECHNOLOGY USE PLAN

The American Academy of Pediatrics provides the following suggestions for parents as you seek to set a media use plan:

- Parents model media use
- Take an active role by co-viewing programs
- Make a media use plan - mealtime, bedtime, curfew for media, keep screens out of children's bedrooms
- Limit media time but be wary of using it as a reward or punishment
- Remember anything we post online is out in the public.

Our goal should be to not let the _____ outweigh the _____ .

STATISTICS

- 2013 AAP study found cellphone ownership among 12- to 17-year olds has increased since 2004 from 45% of teens to 75%.
- As of a 2017 Barna Group Report shared findings of a study of families with teens ages 11-17.

Nearly half of both parents and teens said they emailed, texted or talked on the phone while eating in the last week. Two out of five youth and one-third of parents have used two or more screens simultaneously during this time period. And half of students and one-fifth of parents have checked email or text messages in bed in the last seven days.

Are we in _____ of technology or is it in control of us?

David Kinnaman, president of Barna Group “Technology is shaping family interactions in unprecedented ways, but we seem to lack a strategic commitment to the stewardship of technology. The Christian community needs a better, more holistic understanding of how to manage existing and coming technological advances.”

Create Your Family’s Plan Below:

Where are devices allowed in the house?

Will there be any times we intentionally put our devices away (meal time, etc)?

Will technology devices be kept in our rooms overnight or a central locations?

Additional thoughts:

Session 3 - Family Sharing

An Apple ID is like a college student ID - it is a label.

Everyone in your family who has an Apple device will need their own AppleID. .

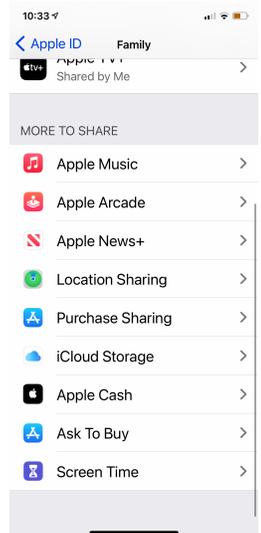
Apple has created something called Family Sharing and Screen Time that will allow you as parents to monitor and guide your children. Apple has created a way for you as a parent or guardian to create an AppleID specifically for a child.

SETTING UP FAMILY SHARING *The family organizer is the person that should initially set up Family Sharing.*

1. Launch the Settings app on your iPhone or iPad running iOS 8 or higher.
2. Tap the Apple ID banner at the top.
3. Tap Family Sharing.
4. Tap Set Up Your Family
5. Tap Invite People if everyone has their own AppleID
6. Tap Create an Account for a Child if you need to setup an AppleID for a child
7. Tap Add Family Member.
8. You will choose how to send the invitation - text, email, in person
9. Tap the person you'd like to add as a Family Member.

What can Family Sharing Access/Monitor?

- Shared purchases
- Ask to buy
- Shared subscriptions
- Shared iCloud storage
- Find My App
- Shared Calendars
- Screen Time



Session 4 - Screen Time

Utilizing Screen Time within Family Sharing will allow you to set the restrictions and limits and adjust as needed for anyone on the Family Sharing account.

Setting up Screen Time

Either Tap on Screen Time within the Family Sharing settings or

1. Tap Settings > Screen Time.
2. Scroll down and choose your child's name under Family.
3. Tap Turn on Screen Time, then tap Continue.
4. Set up Downtime, App Limits, and Content & Privacy with all of the limitations that you want for your child, or tap Not Now.
5. Tap Use Screen Time Passcode, then enter a passcode when prompted. Re-enter the passcode to confirm.
6. Enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.

You will be prompted to set a Screen Time passcode. This should be a passcode that only you or anyone who you want to be able to adjust Screen Time restrictions should have. Tip - don't use the same passcode you use to unlock your device if your children know that passcode! IT IS VITAL YOU REMEMBER THIS PASSCODE!

Screen Time Settings:

- Downtime
- App Limits
- Communication Limits
- Always Allowed
- Content & Privacy Restrictions

BEYOND APPLE PRODUCTS

- Home Internet Restrictions
- Third Party Apps (Netflix, YouTube, Hulu, Video Games)
- Privacy Settings in Social Media Apps



ADDITIONAL SUPPORT - Apple Support App available in the App Store

Source for Family Sharing and Screen Time Setup is www.apple.com.