

Bringing Balance to Our Digital Lives **Orthodox Christian Network Live**

Resources

Books

Crouch, Andy (2017). *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place*.

Grand Rapids, MI: Baker Books.

Jensen, Kristen A. & Poyner, Gail (2016). *Good Pictures, Bad Pictures: Porn-Proofing Today's Young Kids*.

Richland, WA: Glen Cove Press.

Kardaras, Nicholas (2016). *Glow Kids: How Screen Addiction is Hijacking Our Kids and How to Break the Trance*. New York: St. Martin's Press.

Newport, Cal (2019). *Digital Minimalism: Choosing a Focused Life in a Noisy World*. New York: Portfolio/Penguin.

Ruston, Delaney, (2020). *Parenting in the Screen Age: A Guide for Calm Conversations*. San Anselmo, CA: Starhouse Media.

Straub, Joshua & Straub, Christi. *The Screen Balanced Family, Video and Workbook*. Available on: www.joshuastraub.com

Turkle, Sherry (2015). *Reclaiming Conversation: The Power of Talk in a Digital Age*. New York: Penguin Press.

Twenge, Jean (2017). *iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood (and what that means for the rest of us)*. New York: Atria Books

Websites

Commonsensemedia.org

Faithandsafety.org

Screenagersmovie.com (sign up here for weekly advice on managing screens)

Securly.com (parent control for Chromebooks)

Waituntil8th.org (Campaign to wait until 8th grade for cell phone ownership).

Articles, Videos, Podcasts

The Tech Industry's Psychological War on Kids: <https://medium.com/@richardnfreed/the-tech-industrys-psychological-war-on-kids-c452870464ce>

100 Things Teens can Do without Screens: <https://yourteenmag.com/family-life/communication/100-things-teenagers-can-do-without-screens?fbclid=IwAR3rgHLqGlogI83VlzSHUnSvCChYAYL-ZKMkhaV5EyawYiCviN3d6T5Nvo>

Video—“Silicon Valley Renegades Take on Tech Obsession:” <http://www.wsj.com/video/silicon-valley-renegades-take-on-tech-obsession/2D3A120C-C88F-4C81-A005-1439E464A507.html> (includes video)

Managing Our Tech Habits Podcast:

https://www.ancientfaith.com/podcasts/familymatters/managing_our_tech_habits_before_they_manage_us

How to stop wasting time on the internet: https://www.bakadesuyo.com/2018/11/wasting-time-on-the-internet/?fbclid=IwAR0_VNbgS0COlmsBYq4z6Nx6wOIOgQRRjYmF6nkY1LqF8WE1NuMSzUAL_S0 (great article on how to do a “digital decluttering” and become a “digital minimalist.”)

Prepared by Randa K. Anderson, Ph.D.

www.occiservices.org

Tips on Managing Tech in the Home

- ▶ No technology at the meal table
- ▶ Keep computers & devices out in the open where you can see what is on the screen
- ▶ Set up a “Family Tech Zone” in your home
- ▶ **Keep bedrooms “tech-free.”**
- ▶ Get an alarm clock and landline phone for emergencies.
- ▶ Set a time for regular digital fasting, ideally coinciding with Church fasting periods.
- ▶ Set Admin privileges & parental controls
- ▶ Require passwords to all devices & social media accounts
- ▶ “Friend” your kids on social media accounts
- ▶ Wait until 8th grade to give your child a cell phone.
- ▶ Make ‘em earn their technology and contribute to their cell phone bill.
- ▶ Check your kids’ browser history periodically

Teach: Nothing is ever private on the internet.

Tips for Managing Personal Screen Time

- ▶ Turn off notifications on your cell phone, so that you’re not constantly urged to pick up your phone.
- ▶ Use the “Screen Time” (iphone) or “Digital Wellbeing” (android) feature to track your phone usage and set a goal for reducing.
- ▶ Use the “Screen Time” (iphone) or “Digital Wellbeing” (android) feature to set limits on social media app usage.
- ▶ Go Grayscale.
- ▶ Keep your cell phone in a designated spot in your home, rather than always in your pocket. Check it intentionally.
- ▶ When driving, keep your cell phone in your purse or glove box.
- ▶ No cell phones out during meals, even if eating alone.
- ▶ Remove social media, game and other entertainment apps from your phone and check in only on-line.
- ▶ Leave only productivity apps on your homescreen.
- ▶ Use “do not disturb” more frequently & set emergency bypass for contacts (such as children or parents) that you do not want to miss.
- ▶ Stop taking unnecessary pictures, so that you will not feel tempted to post them on social media.
- ▶ Set up family group chats instead of using social media to communicate.