

- ✓ Realize there are apps, internet accountability, filters, etc that can you help supervise their use and not have surveillance
- ✓ Remind your students regularly about the responsibility that comes with technology and social media and the impact it can have on their life: Reputation – will be with you for the rest of your life
- ✓ Represent (model) what it means to use technology in a healthy way - teach them balance (with accountability)
- ✓ Renew your walk with the Lord

Helpful Resources:

The Tech-Wise Family: Everyday Steps for Putting Technology in It's Place By Andy Crouch Baker Books

Every Parent's Guide to Navigating Our Digital World By Kara Powell, Art Bamford, & Brad M. Griffin Fuller Youth Institute

www.common sense media.org

www.pluggedin.com



“Social Media,
Technology &
Balance”

Ephesians 5:15-18
August 4, 2019

The Reality

- ✓ Digital and social media are rapidly changing our culture and world for both adults, teenagers, and now even preteens
- ✓ For this first time in 2019, the average time spent on digital media (3:43) surpassed time spent on the TV (3:35)
- ✓ Children and students spend an average of 5 or more hours every day on some type of electronic device including computers.
- ✓ The average amount of daily time spent on social media is 2:22 with the highest rate among people age 16-24 spending an average of 3:02 per day
- ✓ 81% of adults report going online at least once a day with 30% saying they are online almost constantly. 48% of those age 18-29 are online almost constantly throughout the day. 92% of teenagers report going online at least once more day and 24% say that they are online almost constantly.
- ✓ 70% of teenagers report using social media multiple times per day and 16% say it's almost constantly.
- ✓ 70% of adults have Facebook and 74% report checking it daily.
- ✓ In a Barna survey, 48% report there preteens have a smart phone and 88% of teenagers have a smart phone. (that's a 41% increase from 2012)
- ✓ 76% of teens age 13-17 use Instagram with 75% using Snapchat followed by 66% using Facebook (though

- many just have an account and don't use it regularly)
- ✓ 57% of teenagers agree that using social media distracts from doing homework.
- ✓ Most teens text with regularity but 40% report using another social media app for messaging like Kik, What's App, and Line. The average teenager sends over 60 texts per day.
- ✓ 82% of teens, 72% of preteens and 70% of parents confess to sleeping with their phones next to them at night.
- ✓ 62% of adults said they checked their phone within the first hour of getting up in the morning.
- ✓ 78% of parents believe raising kids is more complicated than it was than when they were kids and 65% report (#1 reason) that technology & social media is the reason why.

Our Responsibility

- ✓ **Recognize the Truth:** Vs 15

We have to be careful how we walk

How: Walk wisely, not unwisely .

- ✓ **Redeem the Time:** Vs 16

Make the most of every moment/ seize your opportunities

Why: the days are evil – size up your opposition

- ✓ **Resolve to Track (Know)** Vs 17

To know & follow God's will

What: Don't be foolish – understand what the will of the Lord is chri

- ✓ **Release Your Control** Vs 18

Who: Be full of the Spirit & not full of wine (drunkenness)

Our Resources & Responsibility

- ✓ Recognize the good and the bad that technology & social media can bring
- ✓ Remember that this phone can be a weapon & a danger in a person's hands (porn, bullying, threats, suicide, false information, etc.)
- ✓ Recognize the amount of time that you spend on it
- ✓ Reduce the amount of time you spend on technology & social media - Consider taking a fast – one day a week or a week or even a month
- ✓ Reorder your priorities – Replace it with something else
- ✓ Refuse to cave to cultural and peer pressure -don't Resign & Resist the Temptation
- ✓ Resolve to have a family plan (when, how long, etc, what kinds, timeline)