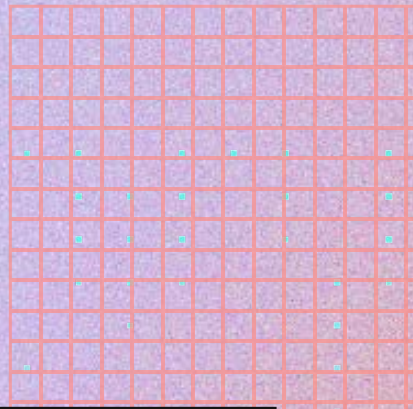




GRACE  
VALLEY  
FELLOWSHIP



A stylized computer window with a black border and a white background. The window has a title bar with three icons: a red 'X', a yellow square, and a green minus sign. A blue mouse cursor is pointing at the yellow square icon. The text 'FAMILIES &amp; TECHNOLOGY WORKSHOP' is centered in a bold, black, pixelated font. A loading spinner icon is in the bottom right corner of the window. The window is set against a background of colorful abstract shapes (green, yellow, pink, blue) and a red grid pattern.

# FAMILIES & TECHNOLOGY WORKSHOP



reminder

#familywins

File Edit View Help

Name

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Date

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Hey GVF - Pastors Paul and Ben here.

Thank you for coming to our families and technology workshop! We feel it's time to address this topic directly, as a church family, so we can get the balance of families and technology right, by seek wisdom from God's word. Talking to other parents. Looking at statistics and trends...all-in an effort to buck the worrying trends we're seeing in society affecting our children. something urgent for us all to get right and prioritize now, and into the future.

The world is addicted to screens. This is not an opinion. It is an observable, multi-cultural, multibillion dollar fact.

While at face value, one might say "yeah - so what?" to that fact, the correlation of screen addiction to adverse psychological, societal, familial behavior is frightening.

Our aim tonight is to work with you. As pastors, parents and Christians. To determine the best next steps forward for our families and the technology in our lives.

God bless,  
Paul and Ben



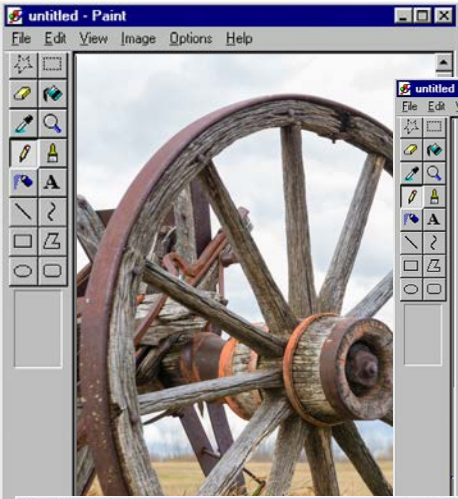
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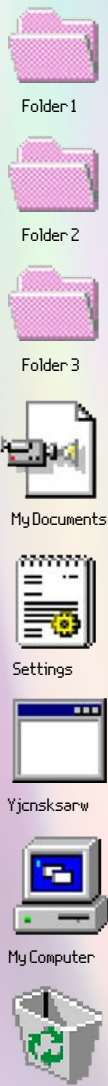
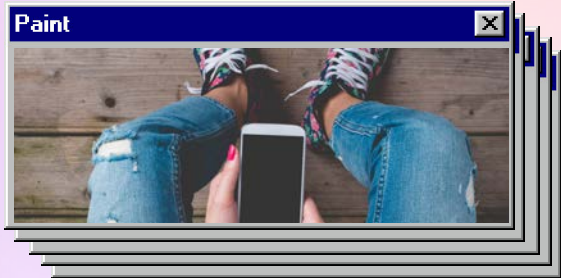
Shut Down...

Windows 95

Start



Paint  
#hitech






questionsforkids.doc

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# #forscreenagers

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- What are your favorite screen a) devices and b) activities? How long do you spend doing this per day/week?
- What do you think the world would look like without “screens”? What do you think are the best (and worst) things that have come into this world because of screens?
- Would you be comfortable giving unrestricted access to your phone and laptop to your parents, or your pastor without notice? Why or why not?
- Are phones a problem at your school? Why or why not? And what types of current “courses” or “training sessions” are available on how to manage phones or technology?

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questionsforparents.doc


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- Who do you think is currently training “the next generation” how to “drive” their devices safely? Who do you think should?
- Have you ever heard stories of other families completely dropping the ball in the area of screens or technology use? What did that look like? Do you think there is any chance “that family” could recover or “go back” and fix what they’ve allowed into their lives?
- Share a time when you corrected your child’s online / social media / screen habits and it went really well. Share a time when you tried to, and it backfired. Why do you think it went that way?
- What is one of your fears when it comes to tackling the “managing of screens” in your house? What is something you’re really excited about when you think about this?

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save as



Questions for parents

save delete



Rate yourself from 1-5 on the following areas (with 1 being "never"; 3 being "sometimes" and 5 being "always")

**POSITIVE HABITS**

- ☆☆☆☆☆ I monitor my own personal screen time
- ☆☆☆☆☆ I monitor my kids / families screen time
- ☆☆☆☆☆ I set my phone to safe driving (or airplane / sleep) mode when I drive
- ☆☆☆☆☆ I turn my phone's power off
- ☆☆☆☆☆ I have a "one screen only" rule (if you're watching one, the others are away)
- ☆☆☆☆☆ I have "no tech zones" (bathrooms, bedroom, kitchen table etc) at home
- ☆☆☆☆☆ I have set up content controls on all my devices (and kids)
- ☆☆☆☆☆ My household has a tech-free day or time of the day (other than sleeping)
- ☆☆☆☆☆ Before downloading an app, I consider it's suitability (pros/cons)
- ☆☆☆☆☆ I don't check social media within an hour of bedtime
- ☆☆☆☆☆ I don't respond to text messages while I'm driving o I wait in line (coffee shop, grocery store, restaurant) without checking my phone
- ☆☆☆☆☆ I only upgrade my phone / TV because it's broken, not just outdated.
- ☆☆☆☆☆ I lead by example with the content I engage with on my screens

TOTAL POSITIVE:-----





Rate yourself from 1-5 on the following areas (with 1 being "never"; 3 being "sometimes" and 5 being "always")

**NEGATIVE HABITS**

- ☆☆☆☆☆ I take my phone into the bathroom with me when I go
- ☆☆☆☆☆ I use my phone for an alarm in the mornings
- ☆☆☆☆☆ I use my phone (or other screen) as an "escape" from the chaos around me
- ☆☆☆☆☆ I zone out watching TV and stay up later than I should
- ☆☆☆☆☆ I panic if I go anywhere without my phone
- ☆☆☆☆☆ I check my phone while waiting in line at the grocery store or coffee shop o I check my phone even while watching my kids play sports (or other live activity)
- ☆☆☆☆☆ I have my phone within arm's reach while I watch TV
- ☆☆☆☆☆ I get sucked into a movie or show and find myself watching it to the end, even if it's contents go against my beliefs.
- ☆☆☆☆☆ I find myself checking my phone while talking with someone physically present

TOTAL NEGATIVE: \_\_\_\_\_

CUMULATIVE TOTAL = \_\_\_\_\_(Positive - Negative)

**your score**



31+ : GREAT JOB!! You're above average and setting the gold standard!  
 21-30: Good work! Keep doing what you're doing and you'll get there  
 11-20: Solid. Some bright spots, but also some areas for improvement.  
 0 to 10: Meh.  
 11 to -20: Not looking good. Warning signs.  
 21 to -30: Unhealthy balance likely. Time to get things under control.  
 31+ : DANGER! DANGER!! (Somethings' gotta change ASAP)





# resources

windows95 welcome - Notepad

File Edit Search Help

))) Podcasts

“Raising Boys and Girls” Season 4;  
Episode 2: “Technology, help and hope  
for managing screen time”

“Behind the Brand” Season 5; Episode  
50: “Brian Solis (digital  
anthropologist) - Lifescale”

“Carey Niewhof Leadership  
Podcast” 435: “Jean Twenge on  
Rising Anxiety, Depression,  
Isolation and Smartphones in Gen  
Z, and What That Means for Them  
and for Leaders”

Logoff - Sound Recorder

File Edit Effects Help

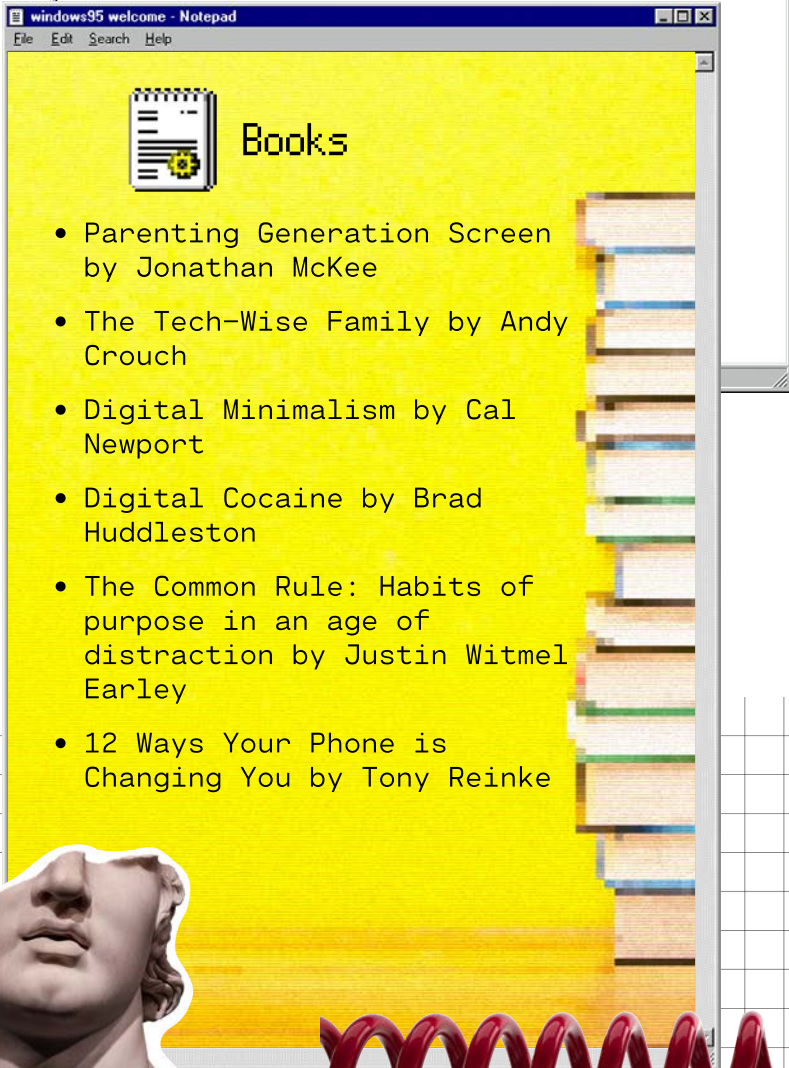
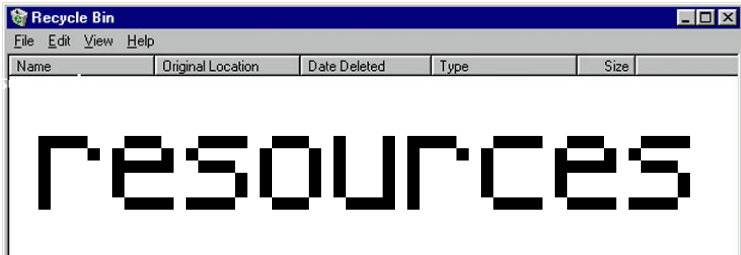
Position: 1.75 sec.




Length: 3.54 sec.

Navigation buttons: Previous, Next, Play, Stop, Mute.






















 <http://internetexplorer.net>



## Questions to ask yourself about technology

-  What sort of person will the use of this technology make of me?
-  What habits will the use of this technology instill?
-  How will the use of this technology affect how I relate to other people?
-  What practices will the use of this technology cultivate?
-  What will the use of this technology encourage me to ignore?
-  Does the use of this technology cause anxiety?
-  How does this technology empower me? Others?
-  What feelings does the use of this technology generate in me toward others?
-  Can I imagine living without this technology? Why, or why not?
-  How does the use of this technology shape my vision of a good life?
-  What assumptions about the world does the use of this technology tacitly encourage?
-  What are the potential harms to myself, others, or the world that might result from my use of this technology?
-  Does using this technology require me to think more or less?
-  What would the world be like if everyone used this technology exactly as I use it?
-  What risks will my use of this technology entail for others? Have they consented?



