

Faith @ Home- Technology and Sex

Helpful articles on Technology

Mental Health

<https://www.common sense media.org/mental-health>

<https://www.cbsnews.com/news/instagram-snapchat-social-media-worst-for-mental-health/>

Technology and Sexuality

<https://fightthenewdrug.org/real-average-age-of-first-exposure/> (may 2019)

https://digitalkidsinitiative.com/wp-content/uploads/2014/08/Children_and_Pornography_Factsheet-Revised-August-2014.pdf

Technology and Time

<https://www.common sense media.org/screen-time>

https://www.common sense media.org/blog/how-to-protect-sleep-attention-and-family-relationships?j=7298012&sfmc_sub=170413291&l=2048712_HTML&u=129709030&mid=6409703&jb=216&utm_source=NEW+05.31.2019+DEFAULT&utm_medium=email

<https://www.pearsoned.com/tech-teens-trust-navigating-digital-world-children/>

Resources worth considering:

<https://www.support.ourpact.com/hc/en-us/articles/360005459774-What-is-OurPact->

<https://www.meetcircle.com/buy>

<https://www.fightthenewdrug.org> (pornography)

<https://www.humanetech.com/>

<https://cpyu.org/>

Apps that motivate kids to stay offline and calculates their offline time.

<https://www.forestapp.cc/>

<https://inthemoment.io/>

Create your own technology contract site:

<https://www.healthychildren.org/English/media/Pages/default.aspx>

A few best practices...

- Set a bed time for devices and an awake time.

- Set aside an 1 hour a day, a day a week and a week a year to disconnect from screens.
- Phones don't come into the bedroom with you.
- No data on phone until you can drive, No social media until 16.
- No phones when company is over, no phones during family time, no phones at meals and no phones in the car.
- When at home phones are connected to a docking charging station.
- Watch the Social Dilemma with kids.
- Commit to spend money on helpful tools...
-OurPact, MeetCircle, Bark...
- Don't listen to the "we are the only kids around who have rules like this"--- Find encouragement here in this circle and depend on each other...