48 Practical Responses to Screens

Paul Robertson – paul@paulrobertson.ca

Which of these practical responses could you implement in your home in the coming week?
What practical things would you have to do to make it work?

1. Pray for your kids because only the Holy Spirit can change their hearts.
2. Pray for wisdom that you may be men/women of Issachar who understand the times.
3. Don't protect your kids from pain and failure – they build character. Engaging the real world is a great classroom.
4. Set time boundaries and use a software program if need be such as Kidswifi, Disney Circle, Digital Covenant.
5. Have a digital free zone in your house – one room where no technology is allowed.

6. Practice a digital sabbath as a family.
7. Use hard copy bibles at church and home instead of being on your phone.
8. Make sure your kids, if stressed, get enough physical activity and cardio exercise.
9. Model the kind of tech habits you expect of your children.
10. You have to be your child's frontal lobe and decision-making center till they are 25. This includes technology usage.

11. Tithe 10% of your screen time to building the kingdom, serving the church, working in your local community.
12. The best internet porn protection device is a parent who looks their kids in the eye and asks the hard questions.
13. Relax curfews and rules about going out with friends if it helps them grow up socially and leave our home.
14. Keep them off phones with data packages as long as possible. It won't harm them.
15. Middle school is already a tough time so why complicate it with a smartphone?

16. If they want social media, sign them up from your computer.
17. No one sleeps with a screen of any type. Chargers are in your bedroom.
18. Buy a digital alarm clock instead of a smartphone.
19. Remember all apps and social media platforms have potential dangers. Do your research.
20. Find ways to engage in more conversation while driving or playing board games. (Email me for **173 Questions**)

21. Have 5 or more meals per week as a family without tech devices. Conversations will change all of you.
22. Leave your phone on DO NOT DISTURB so you control it and not the other way around.
23. Encourage relationships. Kids with better social skills do better in life.
24. Educate your kids about the real world and what to expect when they leave your house.
25. Teens are growing up slower and taking longer to mature. A gap year might be good for them to grow up socially and mentally. It needs to be planned in terms of getting a job, volunteering, reading, and studying.

26. Teach them that having someone disagree with you can be a chance to grow rather than something to be feared.
27. Help them to think Christianly and critically about culture and life.
28. Have your kid sign a digital contract before you give them one. (Family Digital Covenant of Conduct – https://cpyu.org/)
29. Cut their screen time back a little at a time until you reach a healthy balance.
30. Teach your kids to love reading and engaging in imaginative play.

31. First use of technology should be educational based. No screens before age 2.
32. Strong family relationships are a great antidote for screen addictions. Be a family without screens.
33. Teach the skills of life for a high-tech future – decision making, time management, hard work, relational skills.
34. Teach them that technology is a tool and not a toy.
35. Boredom is your friend. They will figure out how to live without screens by engaging in other activities.

36. Go screenless in restaurants. It's a time to talk. Take "**173 Questions**" with you.
37. Find mature babysitters who can engage your kids without screens.

38. Encourage time in nature and outdoor play. The world isn't as scary as you think. Start with 30 minutes per day.
39. Don't believe the lie that if your child isn't tech savvy they won't survive in the real world. Most of the jobs you kids will have haven't been created yet and when they do they will be able to learn the technology in a matter of hours. Technology's goal is to make it so easy that anyone can do anything online.
40. In the future, think about the implications of new technologies and devices before you bring them into your house. Screens have become an idol for many Christians.

41. Spend some time on www.humanetech.com reading and watching their videos on how to use technology in healthy ways.
42. Reward them (money) for reducing the number of hours they spend online on their phones.
43. Only use apps which support what you value highly and which will enable you to live a life well lived. Avoid new technologies which only take up your time but give no real added value to your life. Avoid unnecessary distractions.
44. Use only one social media platform which best fits your interests, values, and lifestyle.
45. Remove all social media apps and games from you cell phone and only access through your personal computer. It will greatly diminish the number of hours you spend on your phone while still giving you access on your PC.

46. Keep a handwritten journal about your life, dreams, goals, problems you're working on, stories of your family, or new ideas you have for work or play. The act of handwriting shifts you into a productive solitude, taking you away from digital distractions and helping you to make sense of whatever is really important in your life.
47. Why give your child a smartphone knowing there is a 99% probability that they will end up seeing porn on it?
48. Keep your phone on black and white since your brain will find it boring and be less attracted to it.