

Using Technology 3: Technology and Family

How technology affects family.

Recent survey:

1: Teens spend 7 to 11 hours a day looking at screens.

2: Teens spend more time doing other things on phones than talking.

3: 64% of young people say the TV is on during meals. 50% say the TV is left on most of the time, even if no one is watching.

4: Those who use media and technology have lower academic grades.

5: 11 to 15 year olds spend 2 to 3 hours a day texting (extra to above).

When following Jesus, care for your own family: **1st Timothy 5 verse 8.**

Family is God's way to perpetuate his image: **Genesis 5 verses 1 to 3.**

Ephesians 3 verses 7 to 19:

- Every family derives its name, identity, from God the Father.
- Families are central to becoming who we were designed to be.

Technology has potential negative effects on family:

Diminishing family time; diminishing shared experience; diminishing ability to focus, relate, and resolve conflict.

Survey suggestions:

- Never use TV as background noise.
- Mute adverts and talk about what you're watching.
- Watch commercials intentionally; be discerning.
- Pause TV when people come.
- Minimise private media/no TV in bedrooms.
- Computers used in shared space only.
- Just watching TV is never an activity.
- Restrict work technology to work times.
- Celebrate reading; share what you are reading.
- Meal times are most precious - no phones.
- Make social media family-friendly.

Let your family - biological or spiritual - wrap you in their care.