



# NAVIGATING TECHNOLOGY WITH CHILDREN AND TEENS



# WELCOME!

# Special thanks to:

**Brian Housman      360 Family**

**Clint Davis      Clint Davis Counseling  
& Integrative Wellness**

**Jonathan Morrow      Impact 360 Institute**

*Thank  
You*

Why are we here?

Why are we here?

1. You love your kids.



# Why are we here?

1. You love your kids.
2. We love your kids.

# Why are we here?

1. You love your kids.
2. We love your kids.
3. We want your/our kids to know and live for Jesus.

Parenting is hard.

Navigating the digital world is overwhelming.



Family



Brian Housman

What if my kid wants a  
smartphone?

What if my kid is playing too  
many video games online?

What if I catch my kid  
looking at porn or sexting?



The real issue is not how to keep your kid from looking at porn, or sending nude pictures. The real issue is connecting your child's heart to the heart of God. When the heart is right, right behavior follows.

**Brian Housman**

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**Brian Housman**

Kids & teens are  
"digital natives."

Adults born before  
1985 are "digital  
immigrants."

# **Generation Z**

is commonly defined as the generation born from the mid-1990s to the early 2010s.



# Digital History





**80s**



90s



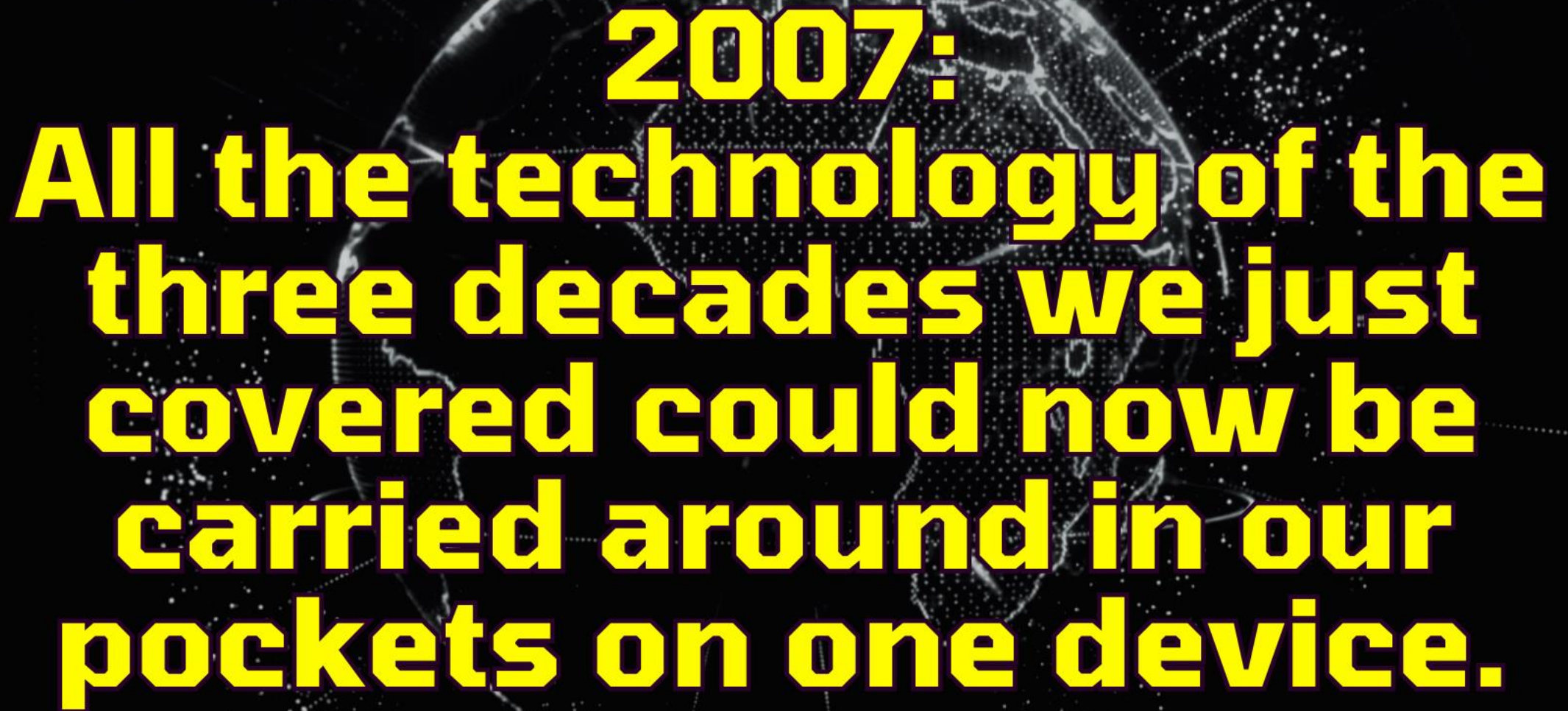


**Ealy 00s**



**2007**





**2007:**  
**All the technology of the  
three decades we just  
covered could now be  
carried around in our  
pockets on one device.**













**Knives are neither  
good nor evil.**



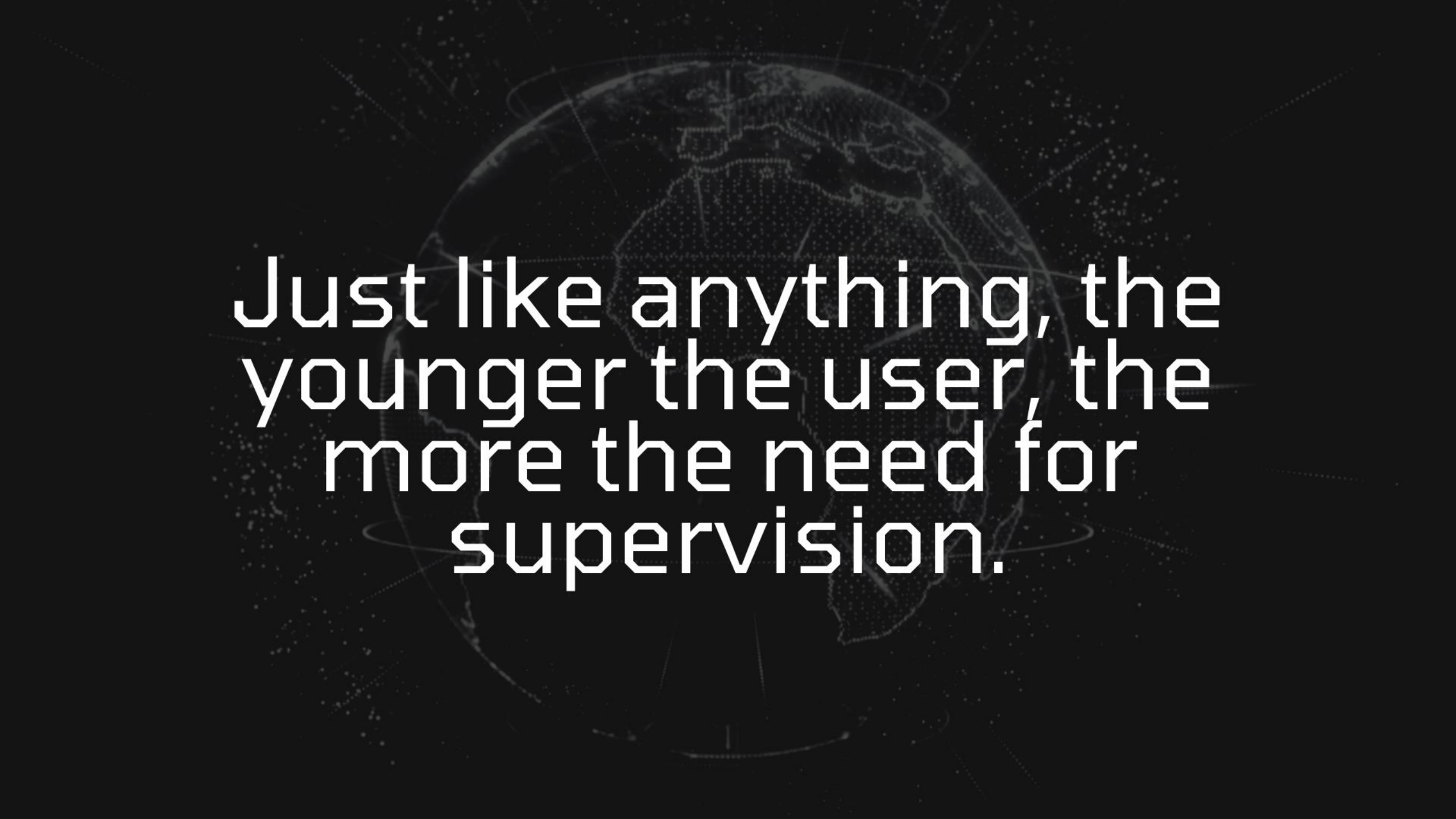
A close-up photograph of two smartphones' camera modules. The phone on the left is silver and features a square camera bump with four lenses and a flash. The phone on the right is dark blue and features a rectangular camera bump with three lenses and a flash. The background is dark and out of focus.

**Smartphones are  
neither good nor evil.**

A close-up photograph of two smartphones' camera modules. The phone on the left is silver and features a square camera bump with four lenses and a flash. The phone on the right is dark blue and features a rectangular camera bump with three lenses and a flash. The background is dark and out of focus.

**Smartphones are  
neither good nor evil.**





Just like anything, the  
younger the user, the  
more the need for  
supervision.



**Our current digital reality:**





# **Our current digital reality:**

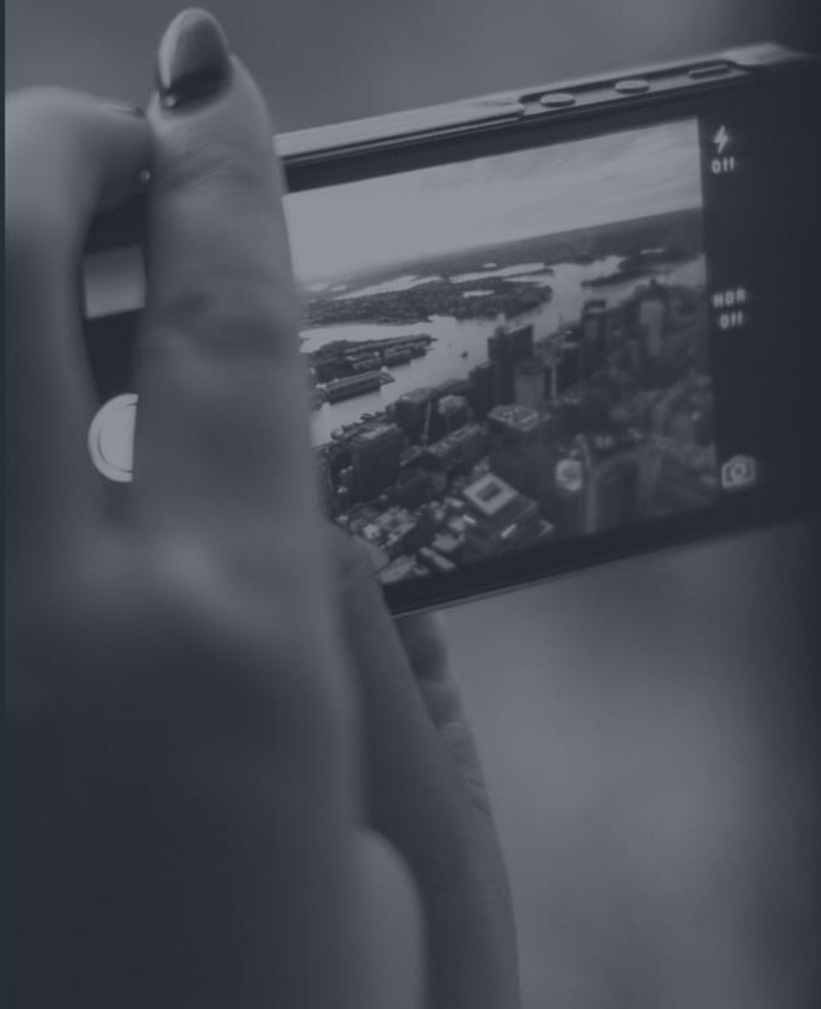
## **1. Constant connection**







# DEFINITIONS



**ELECTRONIC DEVICE** - anything with a screen and internet access

**SOCIAL MEDIA** - websites or apps that enable people to share content or communicate

RESPONSIBLE TECHNOLOGY

The average teen sends  
**3339** texts per month.







The average teen sends  
**3339** texts per month.

The average adult sends  
**350** texts per month.

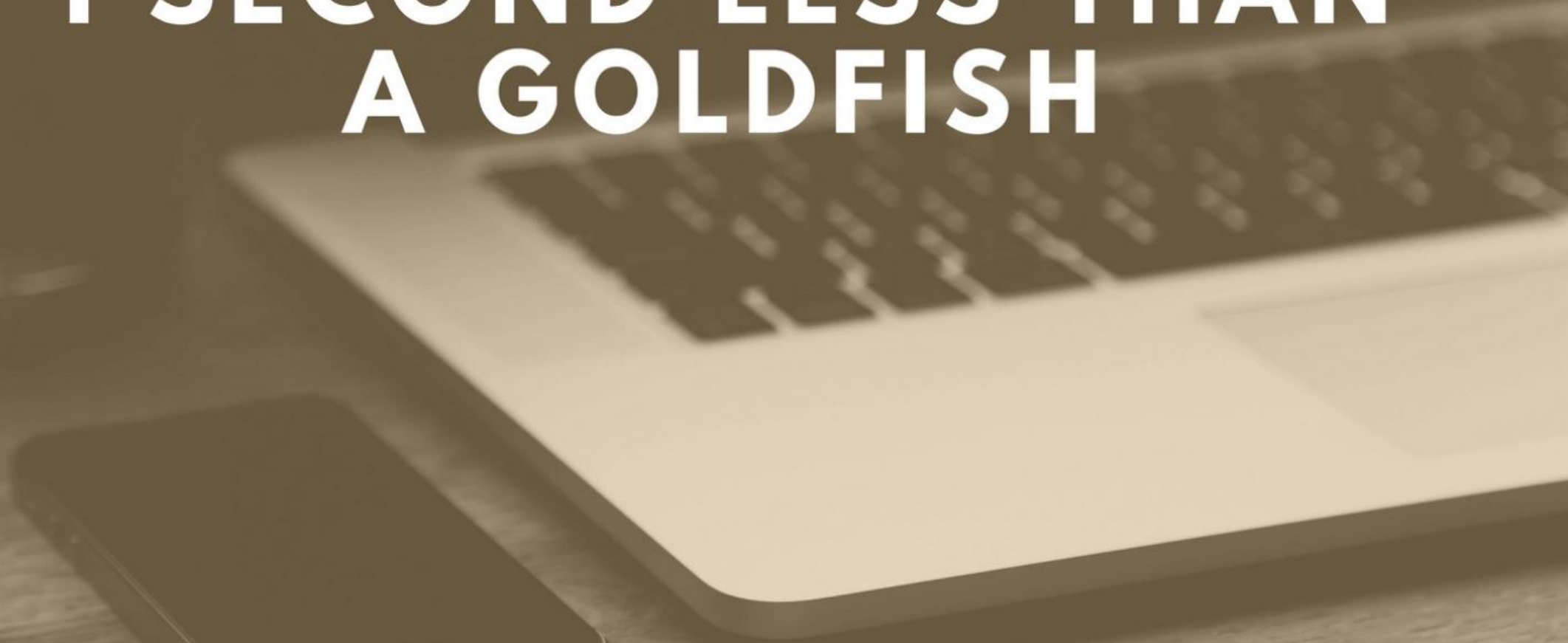




# **Our current digital reality:**

1. Constant connection
- 2. Excessive access**

**ATTENTION SPAN FOR  
AN AVERAGE ADULT =  
1 SECOND LESS THAN  
A GOLDFISH**





# **Our current digital reality:**

1. Constant connection
2. Excessive access
- 3. Impersonal communication**



# **Our current digital reality:**

1. Constant connection
2. Excessive access
3. Impersonal communication
4. **Immediate reaction**







# NAVIGATING TECHNOLOGY WITH CHILDREN AND TEENS

## DECLARING JESUS LORD OVER SCREEN TIME

# SCREEN TIME RECOMMENDATIONS BY AGE?

0-18 months	0
18mos - 6yrs	Less than 1 hour
6yrs - 12yrs	2 hours
12yrs - 18yrs	4 hours



Unsupervised screen time is as dangerous giving your child access to drugs, alcohol, or weapons.

-Clint Davis

I would not give my child a phone until they were 11 or 12 years old. And then, it would be a “Gabb Phone”

-Clint Davis



Rather than having users verify their age for every social media platform they want to access, Apple and Google could verify user age on the device once and the device verification could be integrated with social media platforms and other apps or websites with age thresholds, with the added benefit of increased protection of user privacy.

**-Newsweek Opinion by Clare Morrell**



**GABB Phone 3 Pro 32 GB  
Smart Phone for Kids or  
Teens- Black, Made by  
Samsung, GPS Tracker,  
No Internet, No Social  
Media, Safe Apps, First  
Phone, Verizon...**





# NAVIGATING TECHNOLOGY WITH CHILDREN AND TEENS

# DECLARING JESUS LORD OVER SOCIAL MEDIA

SOCIAL MEDIA



**In 2023, 72% of Americans  
were using at least one  
social media platform.**

# Social Media **Positives:**

Social media makes these things more possible and more available:

- Influence
- Awareness
- Access to people
- Information
- Innovation
- Collaboration



# Social Media **Negatives:**

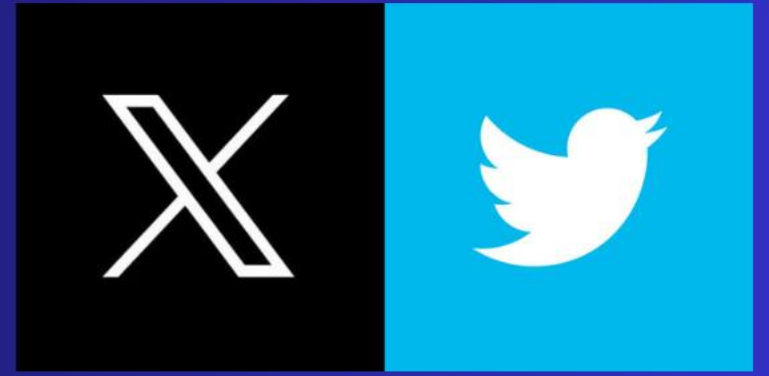
Social media makes these things more possible and more available:

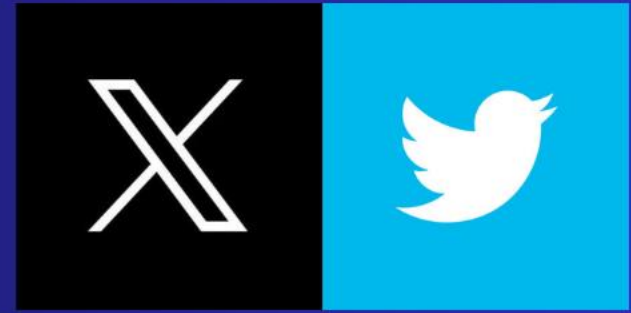
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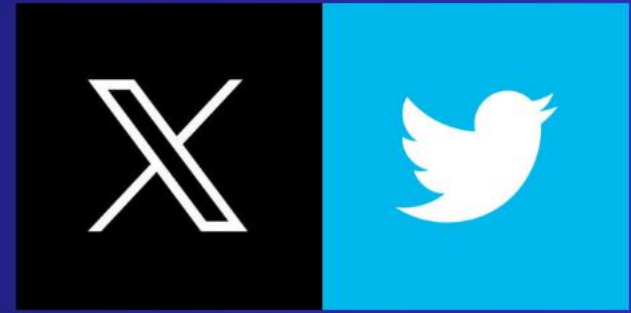


Can you name these  
social media apps?











Facebook is a social media platform that enables users to connect, share content, and communicate with others globally.



“God only knows what it’s doing to our children’s brains.”

**-Sean Parker, founding president of Facebook**





Snapchat is a multimedia messaging app allowing users to send disappearing photos and videos.



**Snapchat is a multimedia messaging app allowing users to send disappearing photos and videos.**

**2.1 million snaps are created on Snapchat every minute worldwide.**

We are not advertising ourselves  
as a secure platform.

It's a communication platform.

It's not our job to police the  
world or Snapchat of jerks.

**-Evan Spiegel, CEO of Snapchat**







Instagram is a photo and video sharing platform that emphasizes visual content.



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**70% of Insta users are under age 34.**



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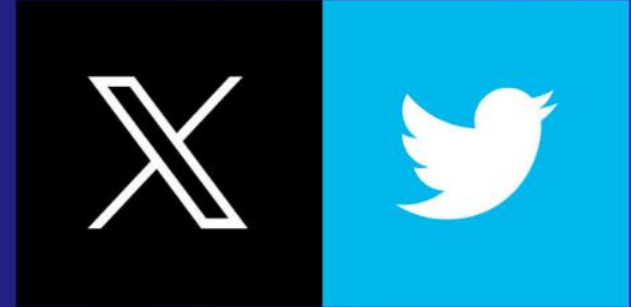
**The average screen time on Insta is 53 minutes per day.**

Particularly Instagram, people look like they have a much better life than they really do. People basically seem like they are way better-looking than they really are, and they are way happier-seeming than they really are.

**-Elon Musk**







Twitter (now “X”) is a microblogging platform where users share short messages and engage in real-time conversations.

Digital technology is both arousing and distancing. We don't look at the users on the other side as people. They aren't - they're just usernames, Facebook photos and Twitter handles.

**-Douglas Rushkoff,  
documentary writer  
& intellectual**





Tinder is a dating app that facilitates the discovery of potential matches based on user profiles and location, allowing users to swipe right for interest or left for disinterest.



WhatsApp is a messaging app for text, voice, and video communication, emphasizing privacy and security.



TikTok is a short-form video platform known for its creative and entertaining content.



TikTok is a short-form video platform known for its creative and entertaining content.



- Over 1 million videos watched daily
- 60% of users are Gen Z
- 1.7 billion users



Users spend  
an average of  
95 minutes  
per day on the  
app  
(6.06 hours  
per week / 26  
hours per  
month)



**Younger users  
are beginning  
to favor  
TikTok over  
Google for  
web searches.**



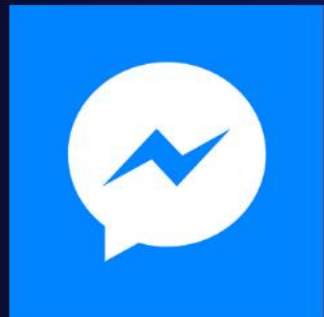
YouTube is a video sharing platform where users upload, view, and share a wide variety of videos.





Reddit is a social media platform and online community where users can share, discuss, and vote on content across a wide range of topics through posts and comments.

The Messenger app is a messaging platform associated with Facebook, providing users with text, voice, and video communication features.





**Pinterest is a visual discovery and bookmarking platform for finding and saving creative ideas.**





The Twitch app is a live streaming platform primarily focused on gaming, where users can watch, broadcast, and engage with content creators through chat and community interactions.



The Top Four Apps For Gen Z  
(80% of Gen Z uses them daily):



**Snaps are actually not “gone forever” after a short period of time. Instead they are stored on Snapchat servers.**

**By using the app, you agree that Snapchat owns everything you post.**





On video apps, Gen Z wants content that is authentic, funny, and/or relatable.





**Porn can easily be found on these  
and all other social media apps.**







**Social media is the new Wild West.**





FIVE TOWNS COLLEGE

*Long Island's Creative College*

# 3 Ways Social Media is Changing Your Brain

# 3 Ways Social Media is Changing Your Brain

1. It messes with your brain's  
reward center.





Why are people drawn to social  
media?

**Dopamine**

**Why are people drawn to social media?**

**Dopamine is a neurotransmitter that brings pleasure and regulates mood.**

Each like, tag, or positive comment provides immediate social rewards in the form of dopamine.



Each like, tag, or positive comment provides immediate social rewards in the form of dopamine. **This reaction makes you feel good, so your brain will want more.**



Each like, tag, or positive comment provides immediate social rewards in the form of dopamine. This reaction makes you feel good, so your brain will want more. **Losing likes and comments can cause anxiety or depression because our brain isn't getting that emotional rush anymore.**

**“Digital addictions are drowning  
us in dopamine.”**

**-Wall Street Journal.**



**“Digital addictions are drowning us in dopamine.”**

**-Wall Street Journal.**

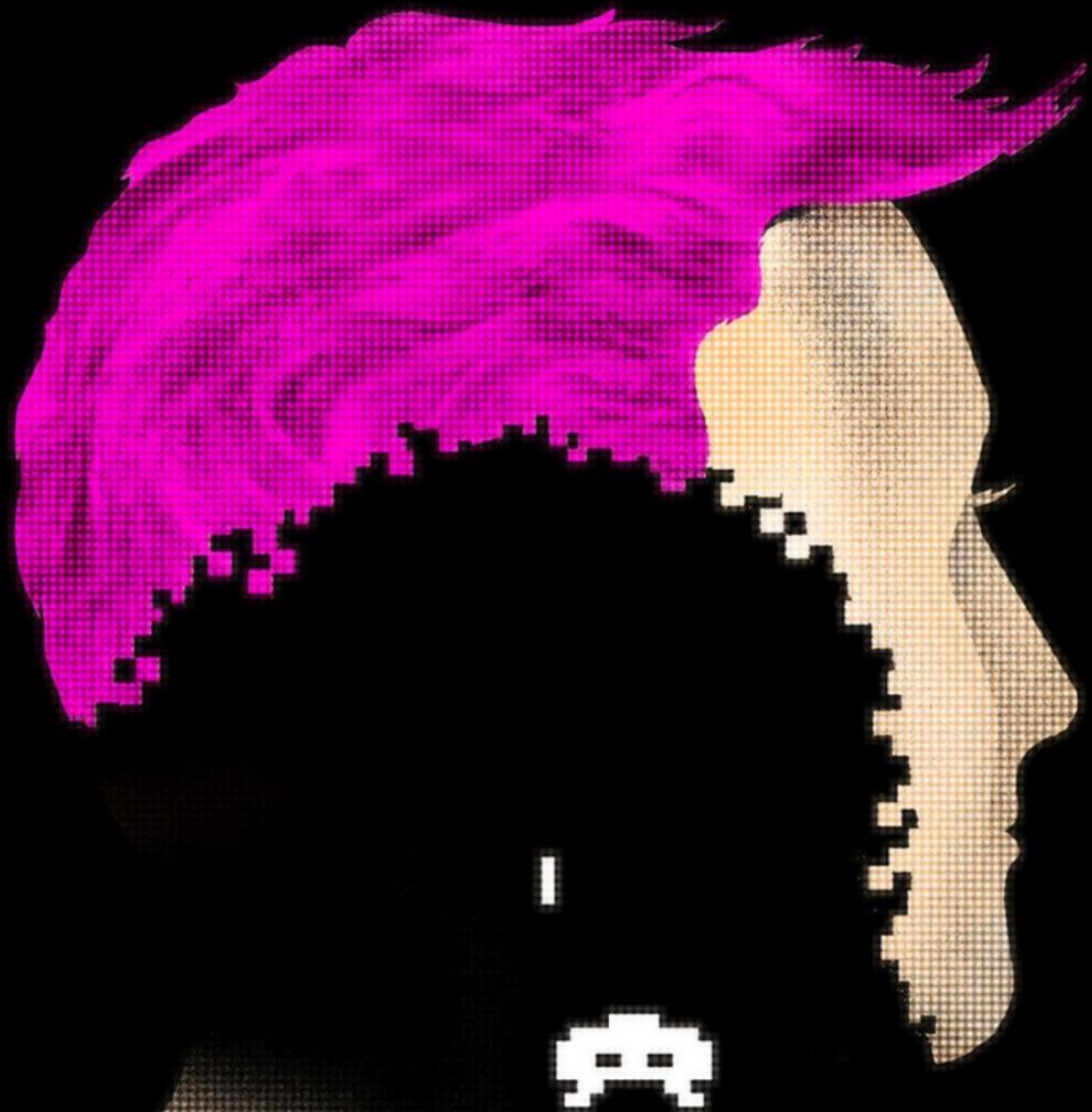
**“Smartphones are the new civilizational crisis.”**

**-The American Spectator**

**In 2019, San Mateo High School,  
just south of San Francisco,  
became the largest school in the  
United States to become a  
cellphone-free environment.**

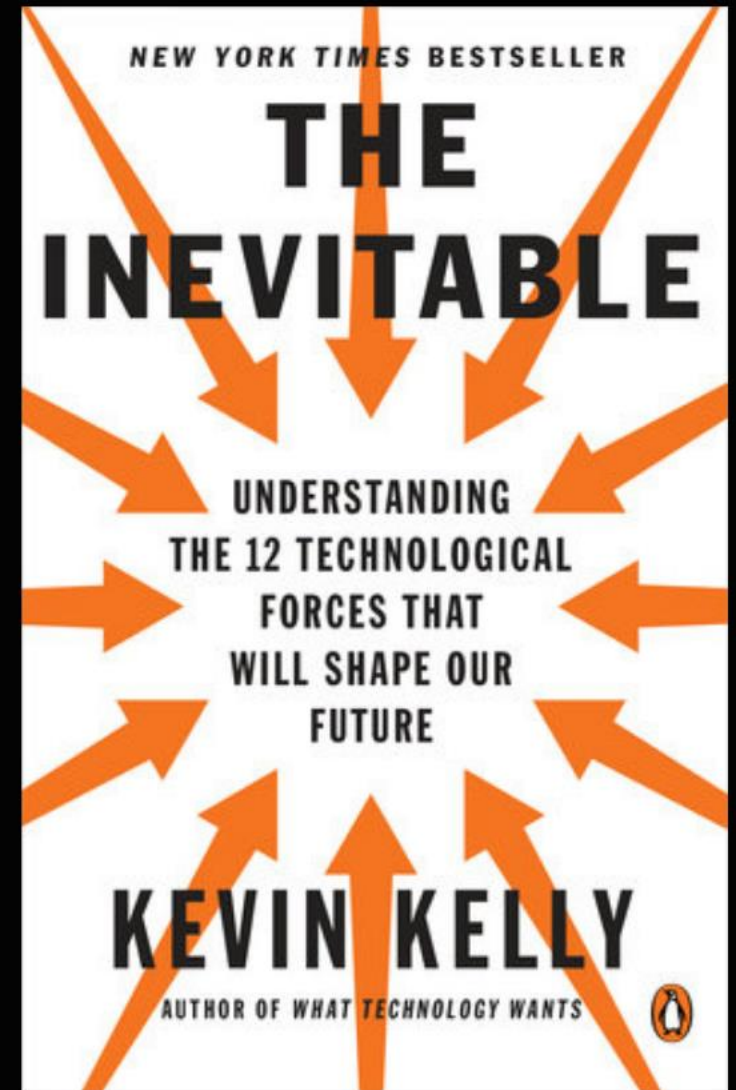
**-ABC 7 San Fran**





**“We are morphing so fast that our ability to invent new things outpaces the rate we can civilize them.”**

**-Kevin Kelly**



# 3 Ways Social Media is Changing Your Brain

1. It messes with your brain's reward center.
2. It ruins multi-tasking & focus.



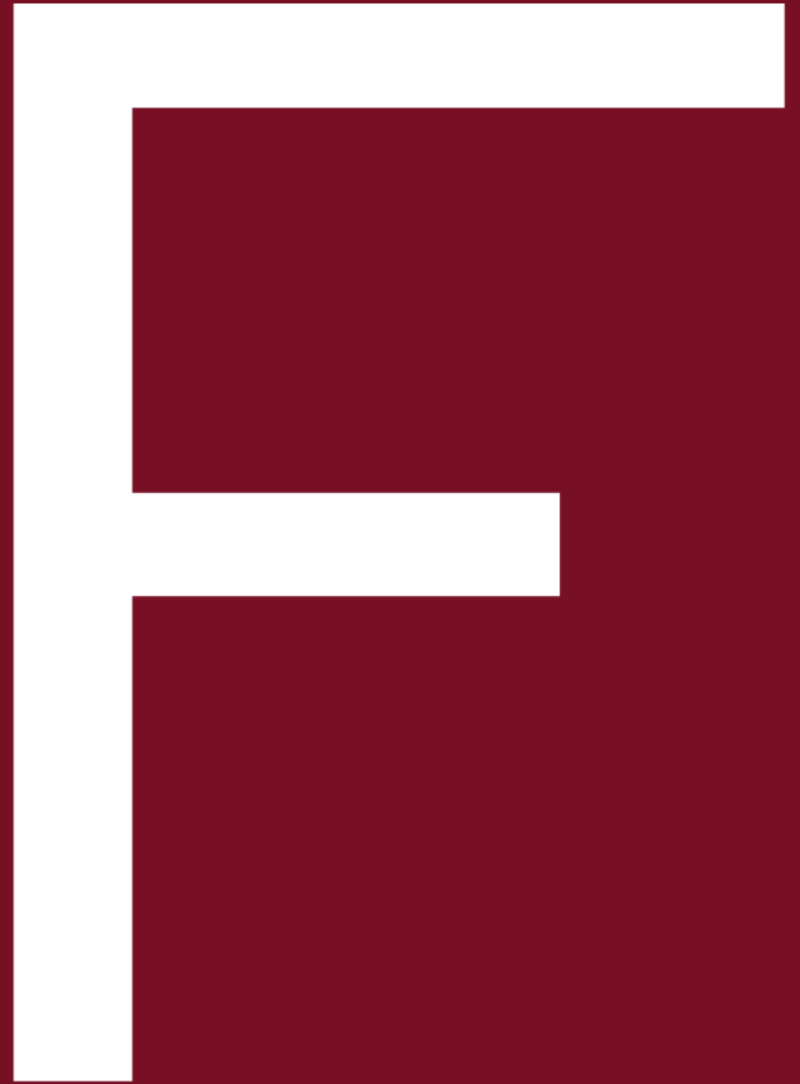
Studies by the National Library of Medicine show heavy social media users are becoming less able to ignore distractions.





Studies by the National Library of Medicine show heavy social media users are becoming less able to ignore distractions. **These efforts to stay focused can ultimately shrink parts of the brain used for concentration, a change known as neuroplasticity.**

**F-PATTERN:**  
the most common  
user eye-scanning  
pattern when  
reading on social  
media

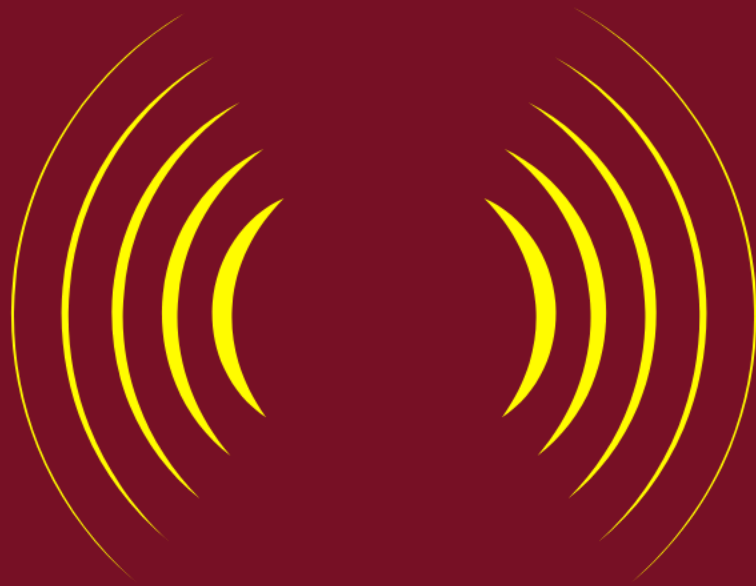


# 3 Ways Social Media is Changing Your Brain

1. It messes with your brain's reward center.
2. It ruins multi-tasking & focus.
3. It causes “phantom vibrations.”



“Phantom Vibration Syndrome” is when you think your phone is ringing, but it isn’t.





**Moderation is the  
key when it comes  
to social media.**

“I have the right to do anything,”  
you say—but not everything is  
beneficial. “I have the right to do  
anything”—but I will not be  
mastered by anything.

**I CORINTHIANS 6: 12**





A close-up photograph of several golden-brown, glazed donuts. The donuts are arranged in a cluster, with one prominently in the foreground on the left. The glaze is shiny and has a slightly cracked texture. The background is a soft, out-of-focus greyish-blue.

# Jonathan Morrow's “Donut Principle”

“For you were once darkness, but now you are light in the Lord. Live as children of light” (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.”

**EPHESIANS 5: 8-10**







Every interaction with a video,  
image, or text on social media  
nudges the worldview of the user.  
-Jonathan Morrow



Everything we put time into is a  
form of discipleship...



Everything we put time into is a form of discipleship...

What is your screen time making you a disciple of?





**“Even using conservative estimates, the typical young person spends nearly twenty times more hours per year using screen-driven media than taking in spiritual content.”**

**-David Kinnaman**

# **Faith For Exiles**

**5 Ways for a New Generation to  
Follow Jesus in Digital Babylon**

**David Kinnaman &  
Mark Matlock**



Impact 360  
INSTITUTE

PODCAST

**“We become what we behold... we shape our tools and then our tools shape us.”**

**- Jonathan Morrow**

**Truth**

**God**

**Purpose**

**Morality**

**Knowledge**

**Identity**

**Love**

**Sexuality**

**Justice**

**Gender**

**Freedom**

**Science**

**Bible**

**Authority**





**Truth**

**God**

**Purpose**

**Morality**

**Knowledge**

**Identity**

**Love**

**Sexuality**

**Justice**

**Gender**

**Freedom**

**Science**

**Bible**

**Authority**







**Social media has  
created an epidemic  
of angst and addiction.**

“We’re the first generation that cannot escape our problems at all... We’re all like little volcanoes. We’re getting this **constant pressure** from our phones, from our relationships, from the way things are today.”



- a Gen Z girl named “Faith-Ann”

**“If you wanted to create an environment of angsty people, we’ve done it... they’re in a cauldron of stimulus they can’t get away from, or don’t want to get away from, or don’t know how to get away from.**

**Janis Whitlock  
Director of the Cornell Research Program  
on Self-Injury and Recovery**

**2009 – 2012**  
**pivotal years for**  
**social media**



**2009 - 2012**



**Public Metric**

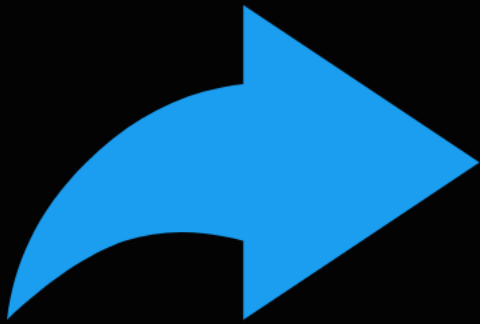


**Frictionless spread  
of content**

**2009 - 2012**



**Engagement Algorithm**



**Frictionless spread  
of content**

**2009 - 2012**



**Monetized Content**

**2009 - 2012**



**Monetized Content**

**We have become the product.**

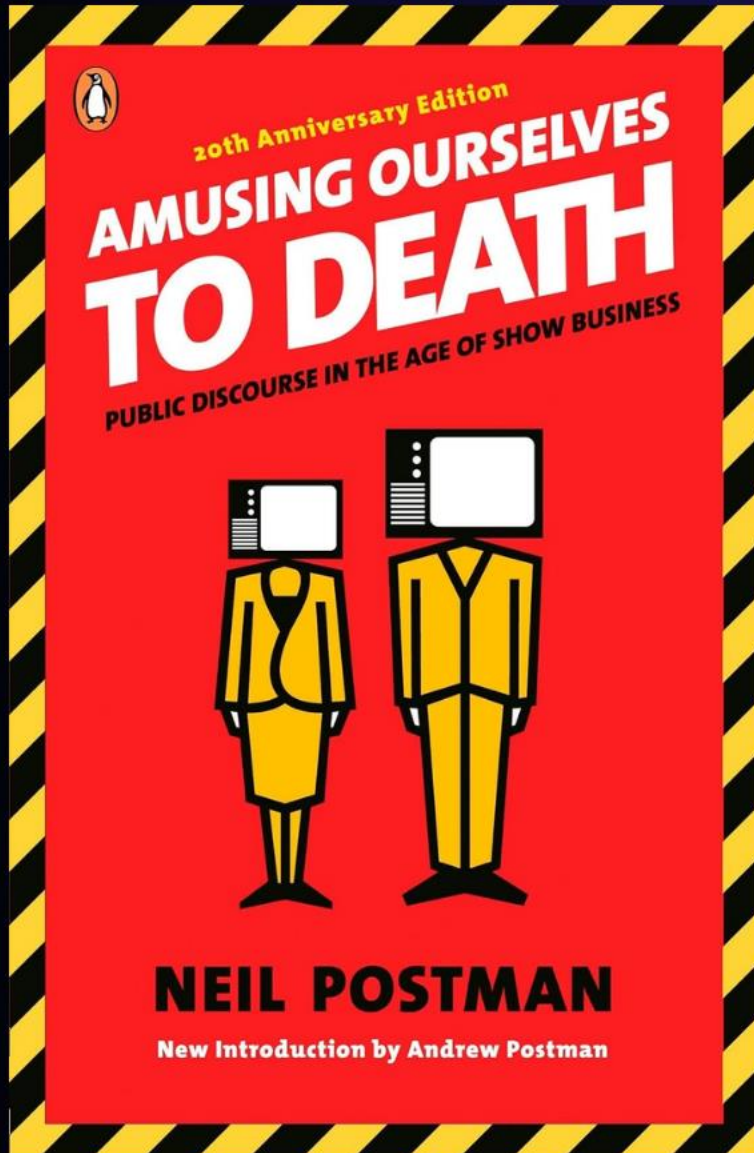


A 3D rendered graphic of the text '60%' in a bright red, glossy font. The characters are thick and have a slight shadow beneath them, giving them a three-dimensional appearance. The percentage sign is also rendered in the same style.

**60% of Gen Z believes their generation spends too much time on social media.**



**50% of teens feel addicted  
to mobile devices.**



“Technology has always had unforeseen consequences, and it is not always clear, at the beginning, who or what will win or who or what will lose...”

NEIL POSTMAN



# Mental Health Crisis



- Began to emerge about 2014
- Suicide Rate of 18-19 year olds up 56% from 2008-2017
- Depression among 20-21 year olds up over 100% from 2009-2017
- Anxiety & Hopelessness in 18-25 year olds jumped 71% 2008-2017





# **THE EFFECTS OF SOCIAL MEDIA (The 7 D's)**

# #1 Distraction



Americans now check their phones  
96 times/day (once every 10 minutes).

# #1 Distraction



Americans now check their phones 96 times/day (once every 10 minutes).

18-24 year olds check their phones twice as much as the national average (192 times per day/every 5 minutes)



# #1 Distraction



**Distraction causes loss of focus and loss of presence.**





# #1 Distraction



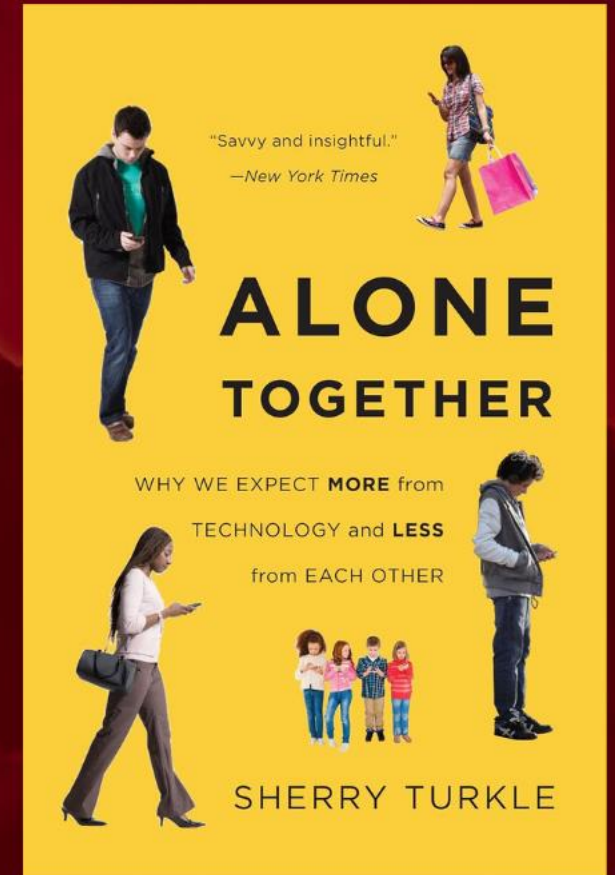
“We had a class discussion about Facebook and every single one of the students said their parents spend more time on Facebook than they do talking to their child.”

-Anonymous public school teacher



# #2 Disconnection

“These days we expect more from technology than we do each other.”  
-Sherry Turkle



# #2 Disconnection

72% of Gen Z says they want to be “social media influencers” (online celebrities).





# #2 Disconnection

Essena O'Neill quits Instagram claiming social media 'is not real life'

**2015**



**VS**



**2019**



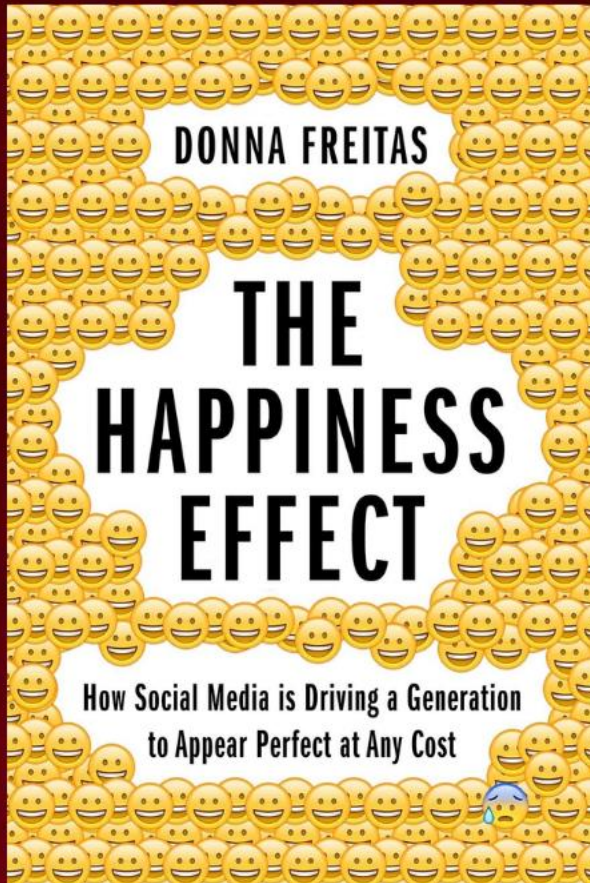
## #2 Disconnection

"I didn't know myself without social media and without my physical appearance."

-Essena O'Neill



## #2 Disconnection

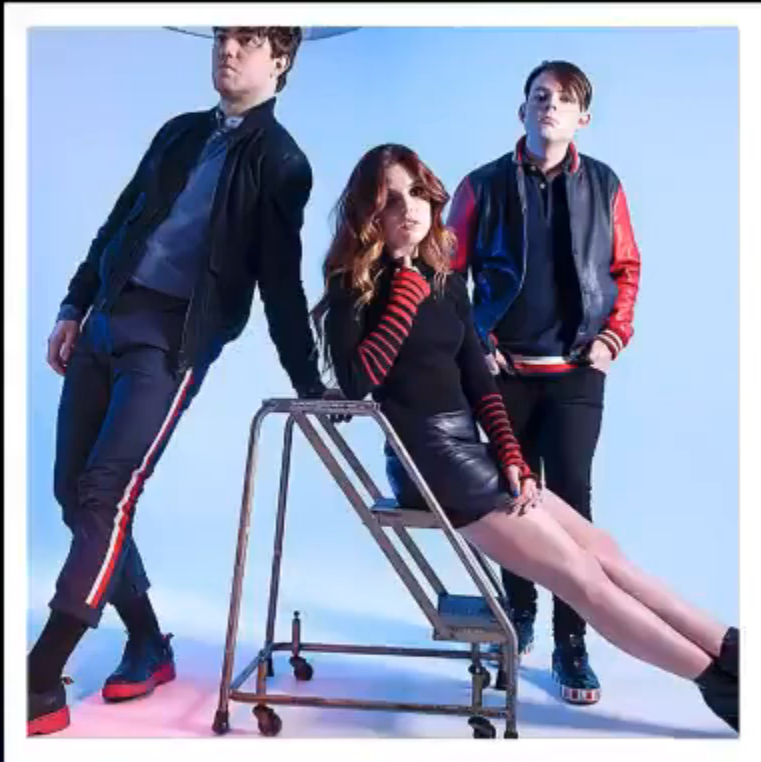


Given the amount of time young people spend social media, the pressure to appear happy online can become overwhelming.  
-Donna Freitas

# #2 Disconnection



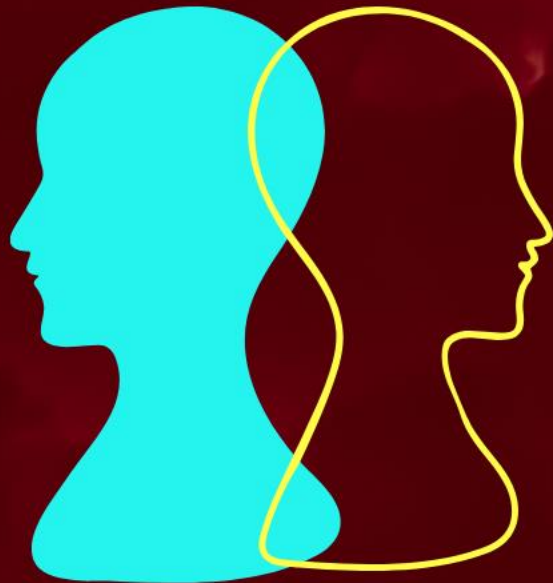




<https://youtu.be/lkwD4zHr03o>

# #3 Duplicity

You are one person on social media  
and another in real life.



# #4 Discontentment



“Beware of comparing your life to everyone else.”

–Jonathan Morrow



# #4 Discontentment



“You’re constantly comparing yourself to other women on your social media feed and it definitely takes a toll on your self-image.”  
-A high school senior named “Lea”



# #4 Discontentment



# FOMO

**"Fear Of Missing Out"**

# #4 Discontentment



**FOBO**

**"Fear Of Better Options"**

# #4 Discontentment



“Technology interrupts our own story, interrupts our ability to have a thought or a daydream, to imagine something wonderful.”

-Steven Spielberg



# #4 Discontentment



"We had the  
experience  
but missed  
the meaning."  
-T.S. Eliot



# #4 Discontentment



Body dysmorphia is a mental health disorder characterized by obsessive focus on perceived flaws or defects in physical appearance, leading to distress and impairment in daily functioning.

-Chat GPT

# #4 Discontentment



Social media can contribute to body dysmorphia by promoting unrealistic beauty standards, fostering comparison, and facilitating the constant exposure to curated images that may negatively impact individuals' self-perception.

-Chat GPT



# #4 Discontentment



Dove short film

<https://youtu.be/2ngESNoacxM>

### Sensitive Content

The following film features real stories about body appearance that may be upsetting to some viewers



# #5 Desensitized



“People were scrolling through their feeds watching graphic Hamas attacks on Israel mixed in with cute cat and bear videos.”

–Jonathan Morrow

# #5 Desensitized



“Violence in screen-based media may affect empathy by desensitizing viewers to the true consequences of violent actions.”

-Journal of Adolescence

# #6 Dehumanization



It is easy to forget that other person on the screen is human.



# #6 Dehumanization



“Social media has flooded our consciousness with caricatures of each other. Human beings are reduced to data, and data nearly always underrepresents reality. The result is this great flattening of human life and human complexity.”

-The Atlantic





# #7 Deconstruction



“One common thread we see (in deconstruction) is a lot of people are hurt by the church. We also see, in many cases, bad theology and a lack of depth.”

-Sean McDowell

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# #7 Deconstruction



Every interaction with a video,  
image, or text on social media  
nudges the worldview of the user.  
-Jonathan Morrow





# #7 Deconstruction



Deconstruction often comes after  
"a thousand little nudges."  
-Jonathan Morrow



# So what can I do to stop the madness?

1. Cultivate the right “wants.”
2. Embrace restraint.
3. “I will not be mastered by anything.”

Cultivate the right “wants.”

“I want to please God, not  
please or impress others.”

**Embrace restraint.**

**Moderation is the key.**

**Just say no.**

**Know when to close the app.**



**“I will not be mastered by anything.”**

**Declare and live as if**

**“my only Master is God.”**

Search me, God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting.

**PSALM 139: 23-24**

# 4 STEPS TO DECLARE JESUS LORD OVER YOUR SOCIAL MEDIA:

1. Which notifications should I turn off?

2. Is there an app I need to delete?

3. Is there someone I need to unfollow?

4. Is there a screentime/bedtime limit on my device?



# 4 STEPS TO DECLARE JESUS LORD OVER YOUR SOCIAL MEDIA:

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