Creating a Tech-Wise Home

Resources

Resources (Videos)

[Setting up iPhone Parent Controls](#)

[Setting Up iPhone Parent Controls (In-Depth)](#)

[Setting up Android Parent Controls](#)

[Setting up Android Google Family Link Parent Controls (In-Depth)](#)
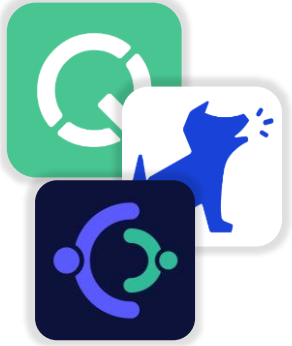
[Setting Up Parental Controls Mac](#)
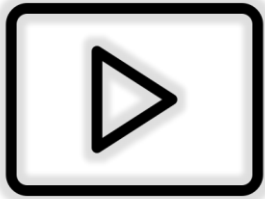
[Setting up Parental Controls Windows](#)

Resources (Videos)

[Parental Control Apps](#)

[John MacArthur Screen Time - The Necessity of Christian Fellowship (9:10)](#)

[What To Do With Kids Addiction To Devices](#)

[Is Scripture Sufficient to Meet Modern Cultural Challenges?](#)

[What Are the Spiritual Dangers of Technology?](#)

Resources (Good Apps)

Google Family Link
- **Most features you would need**
- **App limits, web filter, location, and more**
- **Completely Free**

Apple   Android

Life360
- **Location Monitoring**
- **Battery life, Location, speed, and more**
- **Free to use, upgrade option available**

Apple   Android

Qustodio
- **Focused on Parental Controls**
- **App limits, web filters, app data, and more**
- **Free to use, upgrade option available**

Apple   Android

Bark
- **Focused on Parental Controls**
- **Social Media monitoring, App limits, web filters, app data, and more**
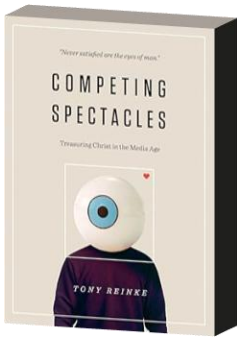- **Paid only**

Apple   Android

Covenant Eyes
- **Focused on Web Filtering**
- **Useful beyond just raising children**
- **Paid only**

Apple   Android
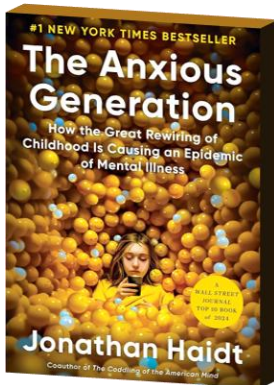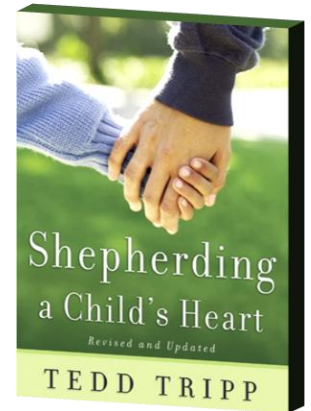
Resources (Books)

Competing Spectacles: Tony Reinke
- **Christian Worldview on Tech and Social Media**
- **Emphasizes both the good and bad**

Shepherding a Child's Heart: Tedd Tripp
- **General biblical parenting guidance**
- **Emphasizes how to treat your relationship with your child, that comes into play a lot when giving/taking technology privileges**
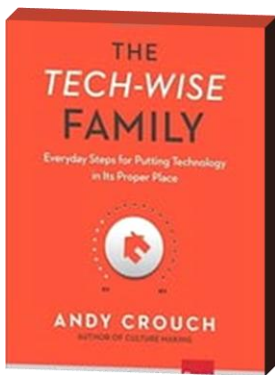
The Anxious Generation: Jonathan Haidt
- **Issues that arise with technology addiction**
- **It is from a *secular* perspective, but it still highlights the danger to us our health, relationships, etc. through data**

12 Ways Your Phone is Changing You: Tony Reinke
- **The dangers our technology and how to spot them in your life**
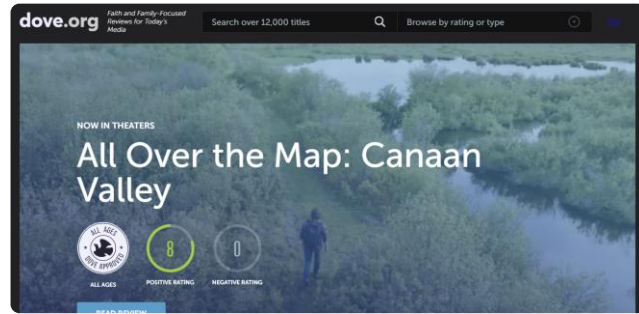
The Tech-Wise Family: Andy Crouch
- **In a family context, being wise with how technology is used and controlled**

Resources (Websites)

Dove.org

- **Reviews movies from a Christian point of view**
- **Reviews are made for parents**
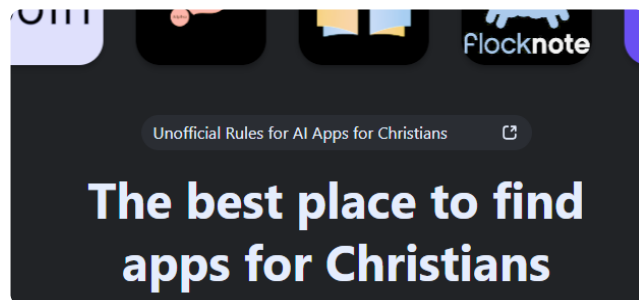- **Good way to find family movies/tv shows**

GTY.org

- **Biblical sermons can be found on family, parenting, and children**

Faith.tools

- **Library of Christian Apps**
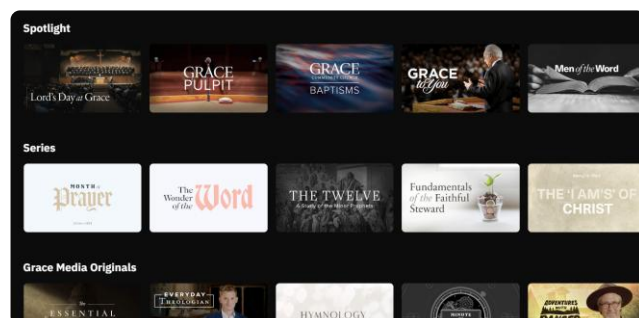- **Find apps for bible reading, note taking, and much more**

Pureflix.com

- **Christian media streaming**
- **Family movies**
- **Lots of Christian Content**

Gracemedia.app

- **Library of GCC sermons, events, ranger joe, and other media**

Creating a Tech-Wise Home

Slides

Technology Today (Slides)

Technology is a part of our lives

Tech is everywhere

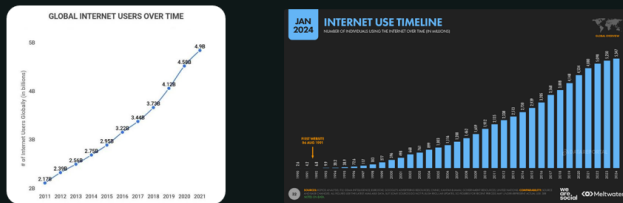## It's hard to keep up with tech

Technology is rapidly changing

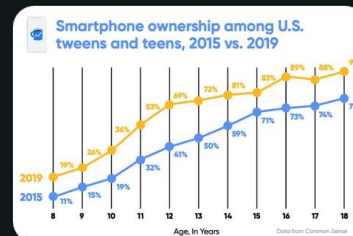1983   1999   2007   2017   2025

Tech is everywhere

Technology is in our pockets, on our wrists, inside our ears, in our cars, and so much more

More people have access to technology than ever before

Tech is everywhere

More people have access to technology and the internet than ever before, and at a younger and younger age

Technology includes…

Devices that have the ability to store data, share information and communicate through social media, websites, and apps.

Technology Today

$5.6 trillion industry

Dangers With Technology (Slides)

Technology Today

Technology is becoming less of a uniter

It is becoming more of a personal entertainer

Technology Today

The world also recognizes the dangers of tech

NIH The relationship between smartphone addiction and symptoms of depression, anxiety, and attention-deficit/hyperactivity

CNN Health How internet addiction may affect your teen's brain, according to a new study

FOX NEWS channel Excessive social media use has many of the same effects as substance abuse, says expert

The Root of the Problem

We know where the root of the problem is

It's in our hearts

We disobeyed God

Technology is just another way for us to continue in rebellion

Pros

Technology is an extremely powerful tool

Access to Information

Increase in Productivity

Strengthen Relationships

Cons

Access to harmful Information

Decrease our Productivity

Hurt Relationships

Weaken Social Skills
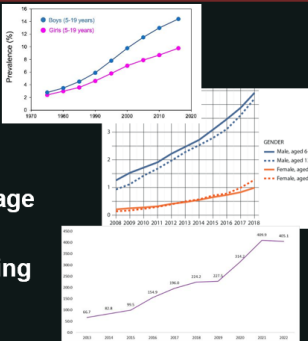
Harm Learning Development

Stats

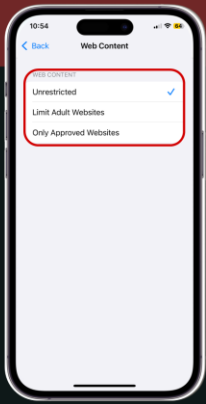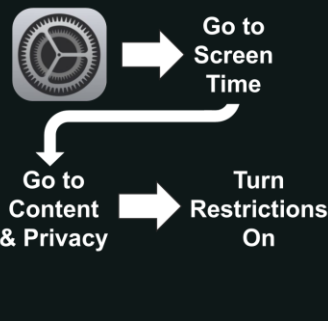Youth Obesity in the U.S. has increased over 30% since 2000

Attention-deficit hyperactivity disorder is being diagnosed in more children and at a younger age

Teen suicide rate is also increasing at an unprecedented rate.

Dangers With Technology (Slides)

Example

Screen Time app → Go to Screen Time

Go to Content & Privacy → Turn Restrictions On
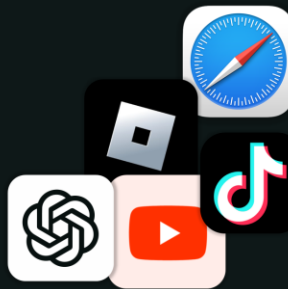
The internet is like a mall

Why is this important

Giving a child unrestricted access to the internet can be dangerous

Apps to watch out for

Here are some apps and app categories to keep in mind, that could be harmful

- Web browsers
- Video Streaming
- Games (online and offline)
- Social media
- Ai

Web Browsers
- Google
- Safari
- Edge
- Firefox
- And so many more

Video Streaming
- Youtube
- Netflix
- Disney+
- Twitch
- Hulu
- Prime Video

Games (offline and online)
- Roblox
- Minecraft
- Brawl Stars
- Fortnite
- Mario Kart
- Pong

Social Media
- Snap Chat
- Instagram
- TikTok
- X (Twitter)
- Reddit
- Discord
- Twitch

AI
- ChatGPT
- Grok
- Gemini
- And many more

What does this mean?

Technology is not in itself bad!

It's all about how we use it

There are ways that we can better take control of our technology to help us use it the right way

Securing Devices (Slides)

Home Network

Access to the internet starts with your home network

The internet is what makes our devices 'smart'

Internet connects the devices in our homes, with the outside world
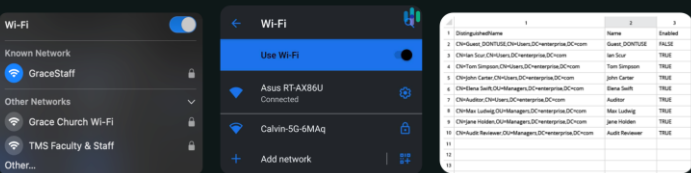
Home Network

Home routers often come with a default name (SSID) and default password

Home Network

Your home Wi-Fi name (SSID) matters

By default these can display your router model, and putting personal information like your last name can also be a security risk
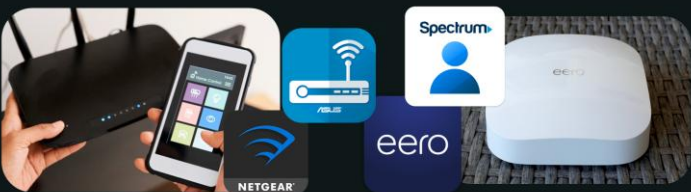
Home Network

To secure your home Wi-Fi network, change the default router username and password upon setup.
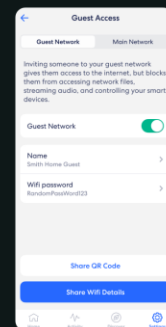
Home Network

Many newer router models have integrated safety and security features, which can be accessed through an app
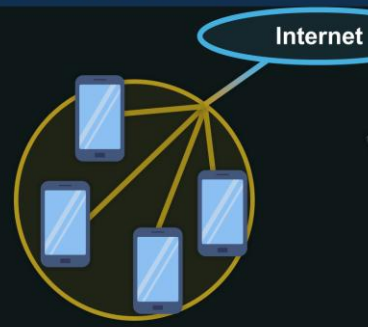
Guest Network

If you have people over, you might want to look into a Guest Network

- Still gives internet access

- Easily change the password

- Doesn't give access to other devices on your private network, like your TV

Guest Network   Private Network

Other Home Network Tips

Everything you access through the internet is still visible to your Internet Service Provider (ISP)

Turn off WPS, it can open the door to hackers remotely configuring your router

Anyone connected to your network can scan and collect data your router sends/receives

Securing Devices (Slides)

Public Network

Public networks with no password, often are setup with little to no encryption

Beware of what public networks you connect too, and what information you are sending and receiving through that network

Cellular/Data Network Tips

Hotspots and cellular data are more secure than public Wi-Fi networks, but can have spotty connection, data limits and more data, can be expensive

What does this mean for you?

Beware of what networks you access, and who has access to your network
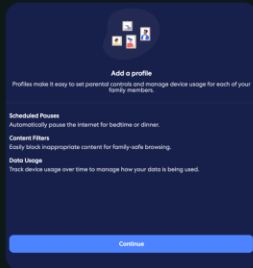
You can use your home router (depending on the model) to set 'internet downtimes' for certain devices using the Wi-Fi.

What does this mean for you?

Beware of what networks you access, and who has access to your network

You can use your home router (depending on the model) to set 'internet downtimes' for certain devices using the Wi-Fi.

App Store

Don't share your app store password with young children

App stores have a setting to turn on to ensure that it asks for a password even when installing free apps

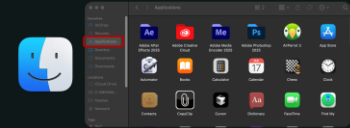Some phones also allow for fingerprint or face scan to download apps so beware of what child can do
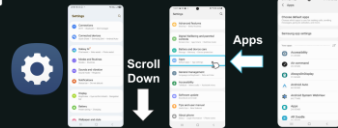
Securing Devices (Slides)

Apps

Giving access to the wrong apps, can expose your child to harmful content, bad influences, and addicting habits

Apps and Features that help secure

There are also apps and features designed to help maintain control, protect from harmful content and can help prevent phone addiction

Built-In Controls (Android)

On android Google Family Link can help parents keep control and keep their children safe online

Built-In Controls (Android)

On android Google Family Link can help parents keep control and keep their children safe online

Built-In Controls (Windows)

Parental Controls can be set through a Microsoft account

Create a Microsoft account for your child, and add them to you Microsoft family

Built-In Controls (Windows)

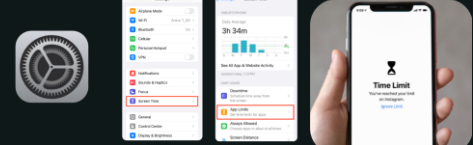Once their Microsoft account is in your family you can manage parental control settings

Add a new user on your Windows devices, using your child's Microsoft account

Built-In Controls (iPhone)

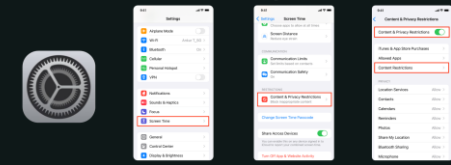On iPhone 'Screen Time' can be enabled in settings

This can help lock apps, limit usage, and track screen time
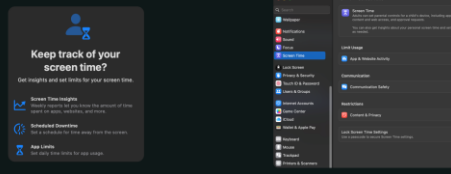
Built-In Controls (iPhone)

Also in the 'Screen Time' section

You can edit "Content & Privacy Restrictions"

Built-In Controls (Mac)

Mac computers, similar to iPhones, have parental controls within Screen Time

Good Apps

There are also apps that can help control what happens on your child's device

These apps can restrict websites, enforce time limits, and give reports to parents

Apps like
- Bark
- Net Nanny
- Qustodio

Location tracking apps

Apple phones have "Find My" built in, but there are also popular free apps like life360 that can help you keep track of your children

Using Tech for Good (Slides)

App Overview

You <u>do not</u> have to spend money

Most app time limits, location tracking, and web filtering features can be used for free

Completely Free
- Built in Settings
- Google Family Link

Mostly Free
- Life360
- Qustodio

Paid
- Bark

App Overview

Some apps are tailored to help with more specific issues better than other apps

All-In-One App-Time Limits
- Built in Phone Settings
- Family Link

Location Monitoring
- Life360

Parental control
- Qustodio
- Bark

Content Filtering
- Covenant Eyes

Good Phone Uses

Phones can be used to contact parents or emergency services at any time

Make sure your child knows how to contact key trustworthy people on their phone

Teach your child how to use these features, and to be critical and not trust everything
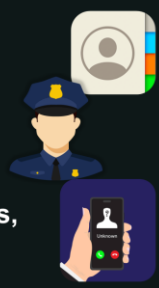
Phones are Communicators

Help your children understand how technology can be used to keep them safe and keep parents in the know

Teach them about avoiding strangers, giving out personal information, overall to be critical and to not trust all they see or hear

Technology can also be used to teach responsibility

Maturity and Age

For younger children it is recommended to have more control and tight watch over what they have access to

As children get older it is important to introduce them to technology and the internet, and as a parent you can do that at your own pace depending on the maturity of your child

Good Apps

- Logos Bible Study

- Literal Word

- Pure Flix

- Ground News

Progress: Keeping Good Habits (Slides)

Habits to Encourage

- **Pause it**
  Set time limits, even for yourself

- **Put it aside**
  Build good habits
  Should your device be the first thing you reach for everyday?

- **Be Present**
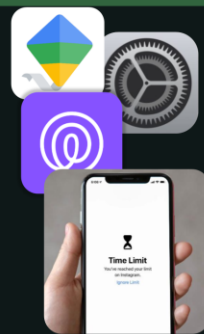 Don't spend the opportunities of the day behind a screen

Use the Good Apps

Many web-filtering and time limit features are built-in, and are free

They often take minutes to set-up and can saves hours of wasted time

It's gonna take time, and some learning on your part to use these features for good

Use the People Around You

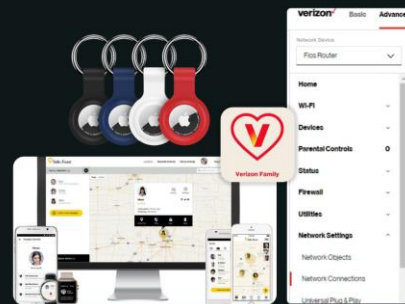Have another family member setup your time limit passcode

Have alternatives ready when there's downtime

Ask other families how they address technology, downtime, and raising children

More tools you can utilize

- You Cell Provider

- Router

- Airtag/tracker

- Smart watch

- Keep them busy (events, sports)

Resources

- The Bible
- Other Families
- Leaders at the Church (Bible study shepherd)
- Books on Parenting (Biblical viewpoint)
- Sermons on the Family and Children
- Websites with a Christian view on Parenting

Final Summary

- Technology is a part of our lives

- Technology left unsupervised can be very dangerous

- Securing your devices is crucial

- There are tools that we can use to help us better control our devices

- Using tech wisely, starts with implementing good habits

Final Thoughts

"If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal"
1 Corinthians 13:1

Final Thoughts

"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."
Ephesians 6:4