



### 3 BIG IDEAS

#### Big Idea #1 Tech Companies Don't Exist to Be Your Friend

- 86% of Google's revenue comes from ads
- Facebook, Instagram (a part of Facebook), Snap (Snapchat's owner) make nearly all of their money from ads
- Many popular games and apps employ casino-style tricks to keep you coming back
- Your habits and your data are used to make those ads "better" aka more targeted
- **If you don't pay for it, you are the product.**

#### Cyber-Dangers

- Addiction/Brain Development
  - Tunnels - new pathways
  - Physical activity = social awareness
  - Friendships
- Spiritual guilt and isolation
- Comparisons
- 24/7 Performance (Do our kids feel like they are on a reality show - everything filmed?)
- Self-harm
- Pornography
  - ¼ girls are sexually abused before 18; ¼ boys
  - 1.2 million children sex-trafficked
- Physical Dangers
  - Online gaming leading to contact with predators
  - Messaging apps

## Vehicles to Trouble...

- Unfiltered web access
  - Google Search results
  - Pornhub - 28.5 billion searches last year
- Youtube
  - Unsavory messages
  - Hypersexual content available to anyone
- Social Media
  - Instagram - dark themes and depression / suicide promotion on tap through search
  - Snapchat - made for sexting, developed into platform for sharing that has nearly unlimited controls for searching elicited content
- Unfiltered app access
  - Tinder
  - Grindr
  - Android - Porn distribution apps disguised as innocuous work apps

**Big Idea #2**  
**Have a healthy relationship**  
**with tech.**

**So parents need to parent.**

What do you hope for your kids?

Parents, act like a parent.

"Too many parents are oblivious, gullible, or afraid to say no to their kids" (Chris Autrey).

Your kids spend something like \_\_\_\_\_ hours in front of a screen each day!!!

## Big Idea #3

### Reduce the Attack Surface

#### 10 things any parent can do in the next week

1. Change your own behaviors (lead by example – a lot of this about habits).
  - Turn off all notifications to your phone - at least. Maybe delete social media and email apps. (Flip phones are making a huge comeback.)
  - Put your phone away for periods of time while at home (like in your closet).
  - Parents should set time limits and venues or periods during the day in which no tech usage is allowed. I promise, nothing is going to happen that can't wait.
  - Set work/family boundaries. Ask your co-employees to help. I asked mine to email me if it can wait - as opposed to sending a text about a work matter.
2. Talk to and pray with your kids.
  - Schedule a time to talk to your kids specifically about this.
  - Make it a recurring reminder on your calendar.
  - Begin using the ["7 things I pray for my kid in a sex-obsessed world"](#) guide.
3. Change your DNS settings.
4. Get tech stuff out of their rooms
5. Lock down phones using built-in controls from Apple or Android.
  - Set time limits.
  - Block sites or better yet, whitelist only ones you want them to be able to visit
  - Disable app installs without parental approval – do your research before clicking "OK."
6. Pay for a parental-control app like Qustodio.
7. Use an AI-powered monitoring app, like Bark.
8. Schedule a fast from electronics for your family.
  - Experts say you need a 30-day fast before rebuilding. Whew! Maybe a shorter time?
  - Rhythm of fasting from electronics as a family - in order to be together - 1 hour per day, 1 day per week, 2 weeks per year.
9. Ask, "How can our family love God and love others this week?" Kingdom-living is more exciting, rewarding, and adventurous than anything the world can offer.
10. Introduce new (or old) fun stuff to engage the minds and creativity of your kids.

## 7 things our church is doing

1. Preach Matthew 5:27-30 (and be ready to follow-up with practical help).
  - Preach with lots of grace.
  - Propel people to learn and do more.
  - Get your church children and teens on board. They have the most to gain or lose.
  - Brian covered this passage 2/10/19. You can hear it at [hptulsa.com/media](http://hptulsa.com/media).
2. Intentionally teach this or related material via parent breakfast, workshop, small groups, or even promoting our Facebook Live event on March 6th.
  - You are welcome to adapt and use any of our material.
  - Recruit people who can help you research and share the information.
  - Promote it in your community.
3. Plan times for groups, men, teens, or others to watch ***Heart of Man***, which is currently available for streaming on Netflix. (The PG-13 rating is good advice.)
4. Talk about redeeming social media for good (plant a vision for your techies)
5. Schedule a church-wide fast from social media. Get some early-adapters to commit before you launch it.
6. Raise the bar for Scripture memorization.
7. Practice times of silence or reflection in your worship services.

## Resources (you can find links to the following at [brianjenningsblog.com/tech](http://brianjenningsblog.com/tech))

- *Heart of Man* movie
- *7 things I pray for my kids in a sex-obsessed world* (simple prayer guide and bookmark)
- Review of parental control apps.
- *Atomic Habits* book
- *Lead Your Family: 12 Ready-To-Use Steps for Spiritually Leading Your Family* book
- *Digital Minimalism* article

## About the presenters

Chris Autrey lives in Sand Springs, OK with his wife, Aliesha, and two daughters. Chris has been a geek since he started writing software in 1986 when he got his first computer. For nearly 20 years, he has worked in the tech industry and currently works for Waterfield Technologies, where he leads an awesome team of developers building bots, apps, and other cool stuff for some of the biggest companies in the world. On Sundays, you'll find him teaching creative Bible lessons and just generally being a goofball in the kids ministry at Highland Park Christian Church.

Brian Jennings lives in Tulsa with his wife, Beth, and their four children. Brian preaches at Highland Park Christian Church and serves on the boards of Blackbox International and Ozark Christian College. He enjoys reading, running, basketball, and coffee. You can learn about his books, *Lead Your Family* and *Dancing in No Man's Land: Moving With Peace And Truth In A Hostile World* at [brianjenningsblog.com](http://brianjenningsblog.com).

