

“Ctrl+Alt+Delete – Part 1” **‘Vigilance in a Digital Age’**

Proverbs 22:6

Shadrach Means

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“Your ultimate goal is to raise kids who use the internet safely and responsibly and think critically about their actions, but a little technical assistance can help. And, as your kids get older, you’ll need to dial down the restrictions to help them develop their own sense of responsibility.”

—Common Sense Media Excerpt From: “PG Internet Filtering-sm.” Apple Books.

“There’s no question that there’s a lot of filth on the internet. And it’s pretty easy to run into it, even accidentally. Internet filters are extremely useful tools for preventing you and your children from encountering content that is harmful and disturbing.

But in the same way that sending your kids to Christian school won’t automatically make them Christians, setting up an internet filter won’t in and of itself keep them from online dangers. Why? For two reasons: (1) people on the other end of the internet are constantly developing new ways to access new people (for various reasons); and (2) if our techsavvy kids are determined, they will find ways around anything we implement. Because of that, we hope that parental controls are just one part of your overall strategy for protecting your children. Don’t view internet filters as the safety net that will keep your kids safe. Instead, view them as your first line of defense. Your priority should be training your kids to think critically and discipling their hearts to want to pursue what is good and to hate what is evil”

Excerpt From: “PG Internet Filtering-sm.” Apple Books.

Proverbs 22:6 “Train up a child in the way he should go, and when he is old he will not depart from it.”

- There’s a difference between raising your children in the church and raising them in Christ!

- By raising them in the church I mean, you teach them to be moral by talking about God in generalities and bring them weekly to church, but predominately leave the spiritual training to the church.
- By raising them in Christ I mean, making disciples of your children. You are the main teacher when it comes to spiritual things and lead by example. Showing them how to suffer reproach for Jesus. Modeling what walking in the Spirit is and not seeking to gratify the sinful desires of your own flesh.
 - In this two-part series “*Crtl, Alt, Delete*” we are going to focus on how to raise our children to be free from danger in the technological world and how to use it wisely.

Ephesians 6:4 “And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.”

Colossians 3:21 “Fathers, do not provoke your children, lest they become discouraged.”

- *“When a baby was born into a Roman family, for example, it was brought out and laid before the father. If he picked it up, it meant he was accepting it into the home. But if he did not pick it up, it meant the child was rejected. It could be sold, given away, or even killed by exposure. No doubt a father’s love would overcome such monstrous acts, but these practices were legal in that day.”*¹ ¹ Wiersbe, W. W. (1996). *The Bible exposition commentary* (Vol. 2, p. 54). Wheaton, IL: Victor Books.
 - The place of the father in the home is so very important to the development of children.
 - Don’t get me wrong, mom has an equally important and influential place as well, but too often fathers focus on providing financially and leave all the raising of the children to mom.
 - Fathers, this message applies as much to you as anyone!
 - We have to be the ones to set the examples in the home of how to rightly use our technology.

2 Timothy 3:15 “...and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.”

Identify the Problem

The problem isn’t that our children or we use technology.

- Technology itself isn’t good or evil.
 - What we do with it makes it good or evil.
 - You can stream bible studies.
 - You can download bible apps loaded with study helps.

- You can send letters to missionaries to encourage them.
- You can video chat with missionaries and pray with them live across the world.
- You can advance the kingdom of God.
- Listen to worship music.
- Learn to play an instrument.
- Set reminders to be places, to do things, and for special events.
- The possibilities are ENDLESS!!!
- Or you can...
 - Waste countless hours on
 - Facebook/Instagram/Pinterest
 - Waste money
 - Playing Candy Crush or whatever other game we may play.
 - Sin by...
 - Fulfilling the desires of the flesh and mind.
- **Ephesians 2:1-3** “And you *He made alive*, who were dead in trespasses and sins, ² in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, ³ among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others.”
 - The prince of the power of the air would LOVE for you to become entangled in the world wide web!
 - He would LOVE for you to fulfill the lust of your flesh and of the mind through technology!
 - Technology has made sin so convenient and easy to hide.

The problem is

- HOW MUCH TIME we/our family use devices and/or social media.
- HOW WE USE our devices

Time Spent/Wasted

Ephesians 5:15-16 “¹⁵ See then that you walk circumspectly, not as fools but as wise, ¹⁶ *redeeming* the time, because the days are evil.”

- *Redeeming* – to do something with intensity or urgency, to take full advantage of every opportunity.
- **The Washington Post**
 - “*Teens are spending more than one-third of their days using media such as online video or music — nearly nine hours on average, according to a new study from the family technology education non-profit group, Common Sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day... It's hard to fully judge how much*

screen time has increased in recent years. The closest study to Common Sense Media's may be the Kaiser Family Foundation's 2010 study, which estimated an average of five-and-a-half hours of media use for those ages 8-10, 8 hours and 40 minutes for those aged 11-14, and just under 8 hours for 15-18 year-olds."

- This hasn't changed, but how they view it has.
 - TRADITIONAL SCREEN TIME HAS BEEN REPLACED BY TABLETS.
 - In 2009 only .7% of web traffic was on a mobile phone.
 - In 2018 it was 52.2%
- **Forbes Magazine**
 - *"Let's break those numbers down a bit. There are few luddites among tween/teens: only 6% of don't use any screen media. 28% of tweens and 17% of teens use it for two hours or less. 27% percent of tweens and 31% of teens use it between 4-8 hours a day. And 11% of tweens and 26% of teens are in front of a screen more than eight hours a day. What's more, a huge portion of that time is spent with mobile devices. "mobile devices now account for 41 percent of all screen time among tweens and 46 percent among teens."*
- **Call of Duty**
 - *"A staggering 25 billion hours, or the equivalent to 2.85 million years, have been spent playing games in Activision's Call of Duty series."*
- **Fortnite**
 - Grown from 30 million players in December of 2017 to 200 million in less than a year.
 - 53% aged 10-25 across formats
 - Median weekly *Fortnite* playing time is 6-10 hours
 - Total global *Fortnite* playing time May-June 2018 was 2.7 billion hours
 - 15% of school-going players have skipped a lot of school to play *Fortnite*
 - *Fortnite* brought in \$1.2 billion revenue as of June 2018, including \$318 million in May 2018
 - We MUST teach our children how to appropriately use their technology!
- **No Supervision**
 - *"Microsoft asked 1,000 adults, both parents and non-parents, "How old is too young for kids to go online unsupervised?" The answer: eight years old is the average age at which parents allow independent Internet and device use. Ninety-four percent of parents said they allow their kids unsupervised access to at least one device or online service like email or social networks. The poll found that most parents allow their kids access to gaming consoles and computers at age eight."*

- *“61% of parents say they have ever checked which websites their teen visits.*
- *60% have ever checked their teen’s social media profiles.*
- *56% have ever friended or followed their teen on Facebook, Twitter or some other social media platform.*
- *48% have ever looked through their teen’s phone call records or text messages.*
- *39% of parents report using parental controls for blocking, filtering or monitoring their teen’s online activities.*
- *16% use parental controls to restrict their teen’s use of his or her cellphone.*
- *16% use monitoring tools on their teen’s cellphone to track their location.*

Pew internet research – Monica Anderson

WHAT ARE WE DOING??? **HAVE WE LOST OUR MINDS!!!**

How technology affects our brains

1. Decreased attention span

a. “Ten years ago, before the iPad and iPhone were mainstream, the average person had an attention span of about 12 seconds,” Alter tells Fresh Air’s Dave Davies. Now, he says, “research suggests that there’s been a drop from 12 to eight seconds ... shorter than the attention of the average goldfish, which is nine seconds.” NPR March 13, 2017 heard on Fresh Air

2. More easily distracted

a. “A Microsoft Corp. study surveyed 2,000 participants and studied the brain activity of 112 others using electroencephalograms (EEGs) while they performed several activities across devices. It found that “heavy multi-screener find it difficult to filter out irrelevant stimuli — they’re more easily distracted by multiple streams of media.” In other words, it’s hard to complete a necessary task when our phone signals in incoming message.”

3. Addiction to digital technology

a. “The technology is designed to hook us that way. Email is bottomless. Social media platforms are endless. Twitter? The feed never really ends. You could sit there 24 hours a day and you’ll never get to the end. And so, you come back for more and more,” Alter told the New York Times. “We are engineered in such a way that as long as an experience hits the right buttons, our brains will release the neurotransmitter dopamine. We’ll get a flood of dopamine that makes us feel wonderful in the short term, though in the long term you build a tolerance and want more.”

4. Social interaction is impaired

a. “It’s a common sight to see two people eating together at a restaurant, but instead of talking to each other they are staring down at their cellphones. The consequences may be worse for children growing up in the digital age. In his

book, Alter spells out research that shows kids who spend a lot of time staring at screens rather than engaging with others suffer from an inability to empathize and read social cues.”

b. “When kids are asked to detect people's emotions — happy, sad, angry, surprised — based on nonverbal cues, those who spend a lot of time on tech struggle to decipher one emotion from another at a much higher rate than kids who spend more time interacting in the real world,” Alter said in an interview. “One of the things that happens with our brains is we get used to whatever is the most rapid thing we're experiencing.”

How children are affected by technology

(<http://screen.guide/advice/5-negative-impacts-of-technology-in-children>)

1. Relationship and social skills

a. “The new generation is growing up playing games online, accessing websites (sometimes harmful websites), chatting online on Facebook, sharing photos on Instagram and Snapchat and so on. It doesn't mean that spending time online is a bad thing but spending too much time online can really weaken the bond between the parents and the child, and also private the child to improve several social skills.”

2. Browsing online can be dangerous

a. “While browsing online we often face harmful things such as phishing, virus and other dangers disguised as advertising. Most of the adults know it and can easily avoid them, but what about our children? Sometimes even the advert can be harmless to them. A study from 2005 says that 70% of teens aged between 15-17 have accidentally stumbled across pornography online. What about nowadays?”

3. Physical Harm

a. “Some teens think that they are more than capable of multitasking while behind the wheel, but this isn't true. The human brain—especially the teenage, not fully developed brain—is only programmed to do one thing at a time. When someone attempts to complete two tasks at once, such as driving and texting on a cell phone, their brain's reaction time will start to slow down.”

<https://www.teensafe.com/blog/teens-texting-and-driving-facts-and-statistics/>

b. “Just under 3,500 people were killed in distracted driving accidents in 2015, and another 391,000 were injured.” <https://www.teensafe.com/blog/teens-texting-and-driving-facts-and-statistics/>

c. “Believe it or not, texting while driving can be just as dangerous, if not more dangerous, than driving while drunk. One study found that distracted drivers experience a 35% decline in reaction time, whereas drunk drivers only experience a 12% decline. These researchers also found that distracted drivers were more likely to drift into another lane, change speeds, or abruptly slam on the brakes than drunk drivers.”

Other negatives of social media/internet usage/music

1. Negative self-image (the way students look at their own body)

2. Cyber bullying

3. Anxiety/Depression

a. "Many experts have described a rise in sleeplessness, loneliness, worry, and dependence among teenagers — a rise that coincides with the release of the first iPhone 10 years ago. One study found that 48 percent of teens who spend five hours per day on an electronic device have at least one suicide risk factor, compared to 33 percent of teens who spend two hours a day on an electronic device. We've all heard anecdotes, too, of teens being reduced to tears from the constant communication and comparisons that social media invites." Harvard

b. "Psychologically, however, they are more vulnerable than Millennials were: Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones...Teens who spend three hours a day or more on electronic devices are 35 percent more likely to have a risk factor for suicide, such as making a suicide plan. (That's much more than the risk related to, say, watching TV.) One piece of data that indirectly but stunningly captures kids' growing isolation, for good and for bad: Since 2007, the homicide rate among teens has declined, but the suicide rate has increased. As teens have started spending less time together, they have become less likely to kill one another, and more likely to kill themselves. In 2011, for the first time in 24 years, the teen suicide rate was higher than the teen homicide rate." Atlantic

Question

- ***Would you allow your 7-18-year-old to walk the streets of Downtown LA unsupervised?***
 - Why would allow them unsupervised access to the Internet?
 - Don't answer, "But my child would never!"
 - I had a mom tell me once her child would never view Internet porn. Later she told me how sorry she was to say that after she found an internet cord that ran from his computer under the carpet, down the hall into her room behind the dresser and plugged in.
 - Nearly 90% of our own church high schoolers have unrestricted access to the internet.

Apps to watch out for!

- ***Yubo (Slide)***
 - *Risk:* The minimum age requirement to sign up for a Yubo account is 13; however, there is no way to verify age. There is potential for children to be exploited by sexual predators.

- *Tumblr (Slide)*
 - *Risk:* Users can easily access pornographic, violent and other inappropriate content. There are some blogs that glorify self-harm, suicide and eating disorders.
- *Kik messenger (Slide)*
 - *Risk:* There is no age verification required so anyone can download the app. Kik messenger has been linked to crimes involving sexual predators and minors.
- *Houseparty (Slide)*
 - *Risk:* This app does not use age verification. There is always a risk for your teen to be exposed to explicit content or come in contact with strangers.
- *Wattpad (Slide)*
 - *Risk:* This app may sound harmless, but there are no filters on language, sexual or violent messages. Your teen may be reading adult content or posts about self-harm and suicide.
- *SnapChat (Slide)*
 - Snapchat is wildly popular, with 40 percent of teens ages 13 to 17, using the app, according to 2015 research by the Pew Research Group. Consider these stats, compiled by Omnicore:
 - In 2018, Snapchat had an average of 188 million daily active users that generated over three billion snaps a day.
 - Active Snapchatters open the app 25 times a day.
 - More than 60 percent of active Snapchatters create new content on a daily basis.
 - On average, users spend 34.5 minutes a day on Snapchat and send 34 messages a day.
 - <https://www.verywellfamily.com/what-is-snapchat-and-itsuse-1270338>
- *Instagram (Slide)*
 - As of June 2018, there were nearly 1 billion monthly active users.
 - The like button is hit an average 4.2 billion times per day.
 - *“ABC news reported “It appears Kylie Jenner’s birth announcement, which previously held the record for the most likes on Instagram – 18 million -- was not all it was cracked up to be. A photo of an egg became the most-liked photo on Instagram Sunday evening with 32 million likes.”*
 - <https://adespresso.com/blog/instagram-statistics/>
- *Any app that hides pictures or files*
 - Vaulty is such an app available on the Google Play store

Apps I like or others do

Life360 (Slide)

- Realtime location tracking, speed tracking

Mobicip -cross platform- (Slide)

- Good for monitoring any computer or smartphone.
- Will completely block websites, apps, etc.
- Can monitor only

Kidslox (Slide)

- Like Mobicip

Gaming Systems age appropriate.

- Xbox and PlayStations target audience are teenagers and adults.
- Nintendo target audience is children and family