

“Ctrl+Alt+Delete – Part 2”

‘Vigilance in a Digital Age’

Proverbs 22:6

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It starts with YOU!

1. CNTRL (The conversation)

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

- If you simply just take phones away, break gaming systems and the like, you aren’t teaching your child the responsible usage of these devices.
- *Teach them how much time is appropriate.*
 - *Set the example!*
- *Teach them the consequences of misusing technology and the real dangers of it.*
 - *Teach them that people can pretend to be anyone over the internet.*
 - *They can think they are talking to a 10-year-old boy when in reality they are talking with a 45-year-old man.*
 - *“65 percent of all teenagers admit to having conversations with people that they have no idea who it is in the real world— they only know this person, digitally. Nineteen percent of those teenagers set up a face-to-face meeting with the stranger. Just let that sink in, parent—if you’re letting your 10-, 11-, or 12-year-old be on Instagram because you think your kid is more mature than the other kids their age, there’s a great probability that your child may set up a face-to-face meeting with that stranger; because they think the stranger is just like their buddy at school.” Brian Housman ‘Tech Savvy Parenting interview August 7, 2018’*
 - *Teach them NOT to give personal information to ANYONE!!!*
 - *Talk to them about NOT sending photos of themselves to anyone, especially nude photos.*
 - *Perps on the internet will try to get one photo of your child in a compromising way and then use that to exploit them to send more.*
 - *Teach them to keep their social media private and ONLY allow other students, family, etc. that they KNOW.*

- *Teach them to turn off geo-tagging on photos and not to post their location*
 - *Be aware of street names or school names in the background of photos.*
- *Teach them how to use social media to glorify God and not themselves or their body.*
 - Help your kids understand that "likes" and "followers" don't determine their worth. "Man looks on the outward appearance, but the LORD looks on the heart" (1 Samuel 16:7). Affirm who they are on the inside — character, goals and dreams — not only how they appear on the outside."
- *Teach them the value of face to face conversation.*
- *Teach them what they see on social media is only what people want them to see.*
 - *Hardly anyone posts all the bad stuff that happens to them.*
- *Teach them the difference between real relationships and social media relationships.*
 - *Instagram or Snapchat recommendation*
 - *Put it on your phone and allow them a certain amount of time, NOT IN PRIVATE, to use the app your presence.*
 - *With it on your phone, you can keep tabs on who is contacting them privately.*
- *Setting the example!*
 - **1 Timothy 4:12** "...be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity."
 - **3 John 11** "Beloved, do not imitate what is evil, but what is good."
- *Tech-Free Zones*
 - *Family time*
 - **MAKE TIME!**
 - *Spend quantity/quality time together as a family!*
 - Get to know one another!
 - Talk to your children.
 - *"The average parent spends 38.5 minutes per week in meaningful conversation with their children."* (A.C. Nielsen Co.)
 - That's only 5.5 minutes per day.
 - *Play games with them*
 - Board games and video games.
 - Yes, you can even play Fortnite.
 - Get to know what they like.
 - Don't make everything about what you like.

- You can't use the excuse that you don't know what to say or what to do!
 - None of us is born knowing what to say or do.
 - Some of the best parents I know didn't have it modeled for them.
 - Your children need YOU!!!
 - Not a bigger house!
 - Not more clothes!
 - Not more toys!
 - YOU!!!
- Bedrooms (NO, NO a THOUSAND TIMES NO!!!)
 - I received a call from a school administrator this week that heard about these messages. They let me know that a student was having problems with grades. They thought initially it was because the student was involved in sports and then too much homework. What they found out shocked them. The student was actually spending 10 hours per day on their phone. The family is working with the school to get the tech use under control. The school counselor said, "No tech device should be used in bed! Beds are for sleeping and when we use technology in bed, we tell our body that laying down in bed is also for staying awake which affects sleeping."
 - *"Just because you're not using your cell phone before bed doesn't mean that it can't harm your sleep: Keeping a mobile within reach can still disturb slumber, thanks to the chimes of late night texts, emails, calls, or calendar reminders. About 72 percent of children ages six to 17 sleep with at least one electronic device in their bedroom, which leads to getting less sleep on school nights compared with other kids, according to their parents. The difference adds up to almost an hour per night, and the quality of snoozing is negatively affected too. To get a better night's slumber, parents can limit their kids' technology use in the bedroom, and mom and dad should be solid role models and set the tone by doing the same."*
 - <https://www.sleep.org/articles/ways-technology-affects-sleep/>
 - Sleep.org – by the National Sleep Foundation
 - 6 hours of sleep or less on a regular basis can lead to the brain functioning at 60% of normal brain function.
- Dinner Table
 - **Coincidentally;**
 - *"Kids who eat most often with their parents are 40 percent more likely to say they get mainly A's and B's in school than kids who have two or fewer family dinners a week. (National Center on Addiction and Substance Abuse at Columbia University)*

- “Adolescent girls who have frequent family meals, and a positive atmosphere during those meals, are less likely to have eating disorders.” (University of Minnesota, 2004)
- “Frequent family meals are associated with a lower risk of smoking, drinking and using drugs; with a lower incidence of depressive symptoms and suicidal thoughts; and with better grades in 11 to 18-year old’s.” (Archives of Pediatrics and Adolescent Medicine, 2004)
- Drive-Time
- Date nights
- Do you know what your children are going through?
 - **PUT THE PHONE DOWN and talk to your children!!!**

2. ALT (Alternates what keys do)

- Aim for the HEART!
 - **Luke 6:43-45** “⁴³For a good tree does not bear bad fruit, nor does a bad tree bear good fruit. ⁴⁴For every tree is known by its own fruit... ⁴⁵A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.”
 - In commenting on that verse, Paul Tripp says, “*Fruits determine roots.*”
 - **Ezekiel 14:1-5** “¹ Now some of the elders of Israel came to me and sat before me. ² And the word of the LORD came to me, saying, ³ “Son of man, these men have set up their idols in their hearts, and put before them that which causes them to stumble into iniquity.”
 - Tripp further states, “*What controls the heart will control the behavior.*”
 - “*A desire for even a good thing becomes a bad thing when that desire becomes a ruling thing.*” Paul Tripp
 - **Deuteronomy 6:4-9** “⁴ “Hear, O Israel: The LORD our God, the LORD is one! ⁵ You shall love the LORD your God with all your heart, with all your soul, and with all your strength. ⁶ “And these words which I command you today shall be *in your heart.* ⁷ *You shall teach them diligently to your children,* and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. ⁸ You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹ You shall write them on the doorposts of your house and on your gates.”
 - To truly love God with all your heart, with all your soul, and all your strength, you choose to follow Him and to obey His commands.

- *“The parents were in a position to impress them on their children’s hearts also. The moral and biblical education of the children was accomplished best not in a formal teaching period each day but when the parents, out of concern for their own lives as well as their children’s, made God and His Word the natural topic of a conversation which might occur anywhere and anytime during the day (v. 7).”*
 - Deere, J. S. (1985). Deuteronomy. In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 1, pp. 274–275). Wheaton, IL: Victor Books.
- **Proverbs 6:20-21** “²⁰ My son, keep your father’s command, and do not forsake the law of your mother. ²¹ Bind them continually upon your heart; tie them around your neck.”
- **Proverbs 7:1-3** “¹ My son, keep my words, and treasure my commands within you. ² Keep my commands and live, and my law as the apple of your eye. ³
- **READ TOGETHER!!!**
 - Plan reading time together as a family!
 - *It’s not a matter of ‘if’ our children sin, it’s a matter of ‘when’.*
 - You want your children to talk with you if they have committed a sin and encourage them that if they feel they can’t, then a pastor at church, etc.

3. *DLT (The bad usage and foster good usage)*

- External Boundaries
 - Learn how to set parental controls on devices.
 - If it has a Wi-Fi connection it can access pornography!
 - Xbox, PlayStation, Wii, Blu-ray, DVD, etc.
 - They all have parental controls, you can even turn the blood off on Call of Duty.
 - Xbox/PlayStation – target audience are teenagers and adults.
 - Nintendo – target audience is children and family
- *Apple parental control*
 - You can assign time limits to apps, turn off downloading of apps, etc.
 - You can remove Safari so that they won’t be able to access the internet.
- *Android parental control*
 - Go on YouTube and look up your specific device and find out how to install parental software or controls.

- Get a lock box.
- Don't allow passwords on mobile devices that you don't know.
 - Would you allow your child to lock their bedroom door and keep you out?
 - **NOTE:** Moms and Dads need to have access to each other's phones.
- *Avoid Extremes* – Don't destroy every piece of technology in the house, teach them how to manage it.
 - *The goal is to teach them responsibility!!!*
 - If you don't teach them how to, when they move out, they'll most likely have technology overload.
- *Privacy settings* –
 - Don't share location!
 - Don't share your contacts!
 - Use a VPN
- Check your wireless provider for Parental controls, they should all have them.

*“Father, hear us, we are praying.
Hear the words our hearts are saying.*

*We are praying for our children.
Keep them from the powers of evil,
From the secret, hidden peril.*

*Father, hear us for our children.
From the worldling's hollow gladness,
From the sting of faithless sadness,
Father, Father, keep our children.*

*Through life's troubled waters steer them.
Through life's bitter battles cheer them.
Father, Father, be thou near them.
And wherever they may bide,
Lead them home at eventide.”*

Amy Carmichael

Resources:

- a. @Home room (Onsite at Calvary Chapel Chino Hills)
- b. @Home website
 - i. <http://athomecalvary.org>
 - ii. <http://athomecalvary.org/campaign/connected3d/>
- c. Focus on the Family
 - i. <https://www.focusonthefamily.com/parenting/kids-and-technology>
- d. Family Life
 - i. <http://familylifetoday.com/series/tech-savvy-parenting/>
- e. Common Sense Media
 - i. www.commonsensemedia.org