

FUSION TECH WORKSHOP

GUARDRAILS FOR TECHNOLOGY

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Guardrails

A guardrail is a system designed to keep vehicles from straying into dangerous or off-limit areas.

Our greatest regrets in life are directly linked to our lack of guardrails.

Covid has shifted or moved many of our parenting guardrails



Why do we need to create guardrails for technology?

1.) No one else is going to create them for them

Our culture is content with painted lines

Our kids believe they are invincible

2.) Greater anxiety/depression

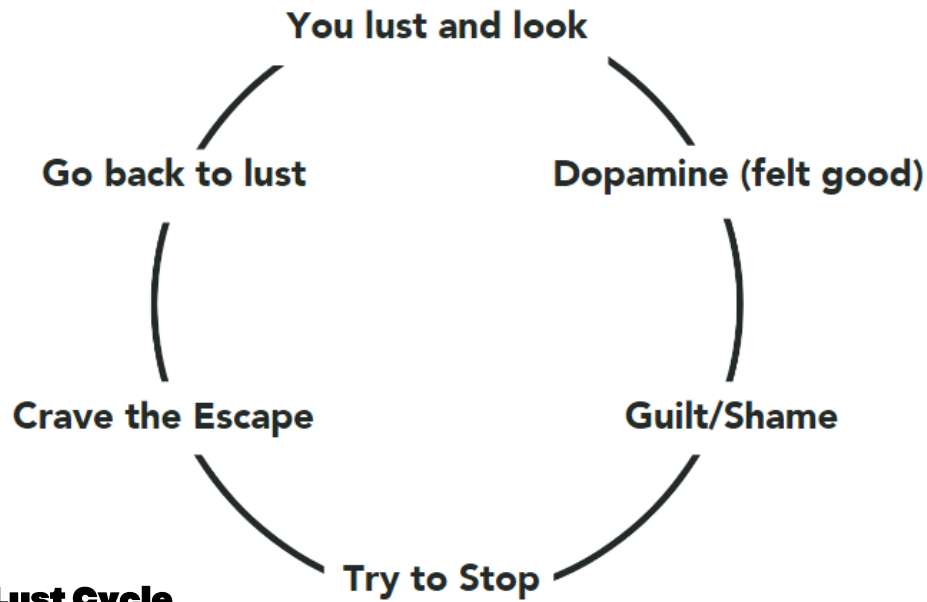
3.) Poor self-esteem

4.) Detachment from reality

5.) Numb to faith

6.) Dehumanize others

THE LUST CYCLE



4 Steps to Bust the Lust Cycle

- 1.) Pray for Godly Sorrow (2 Cor 7:10)
- 2.) Don't conceal it, confess it (James 5:16)
- 3.) Don't feed-it it, starve-it (get rid of the triggers) (James 1:15)
- 4.) Consistent Accountability (Proverbs 27:17)

3 Keys To Making Guardrails

Collaborate with your kids

Keep consistent under pressure

Consider their age/stage

Technology Guardrails Ideas

(Circle the Guardrails you want for your kids)

- Have 1 hour a day with your phone off completely
- Turn off phone with friends and family
- Read scripture before a screen in the mornings
- Track your media watching for a week, set an hour goal for the entire week
- Keep a list of what you think is worth watching
- Turn off autopay on YouTube
- Balance your media by reading a great novel
- Look at your feeds. What does it say about you?
- Watch in public spaces
- Zero technology in the bedroom
- Get an old-fashioned alarm clock, don't use your phone
- Set up screen time limits and lock with a password
- Remove - Instagram, Snapchat, Tik Tok, etc.
- Limit X rated content (Settings - Screen Time - Content and privacy restrictions - content restrictions - web content - limit adult websites)
- Use monitoring software like Covenant Eyes or XXX church

