

Session #3
Navigating Electronics

Dr. Scott Turansky

Parenting Tips for Challenging Times
October 26, 2020

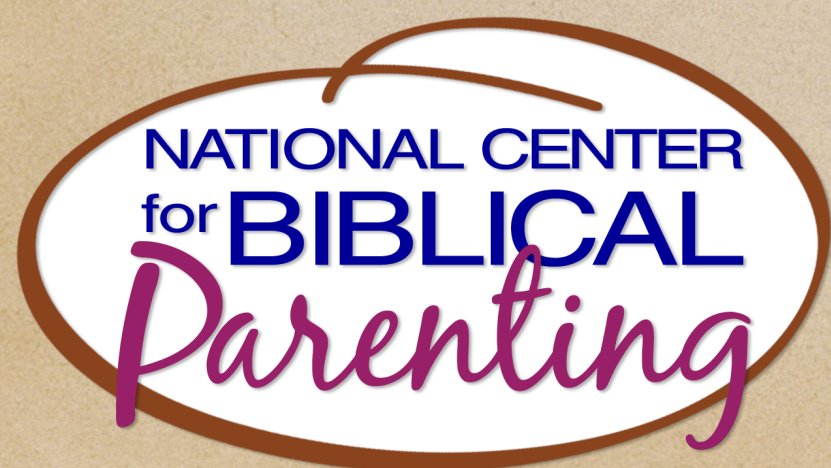
Did you work on the homework?

Did you see progress?

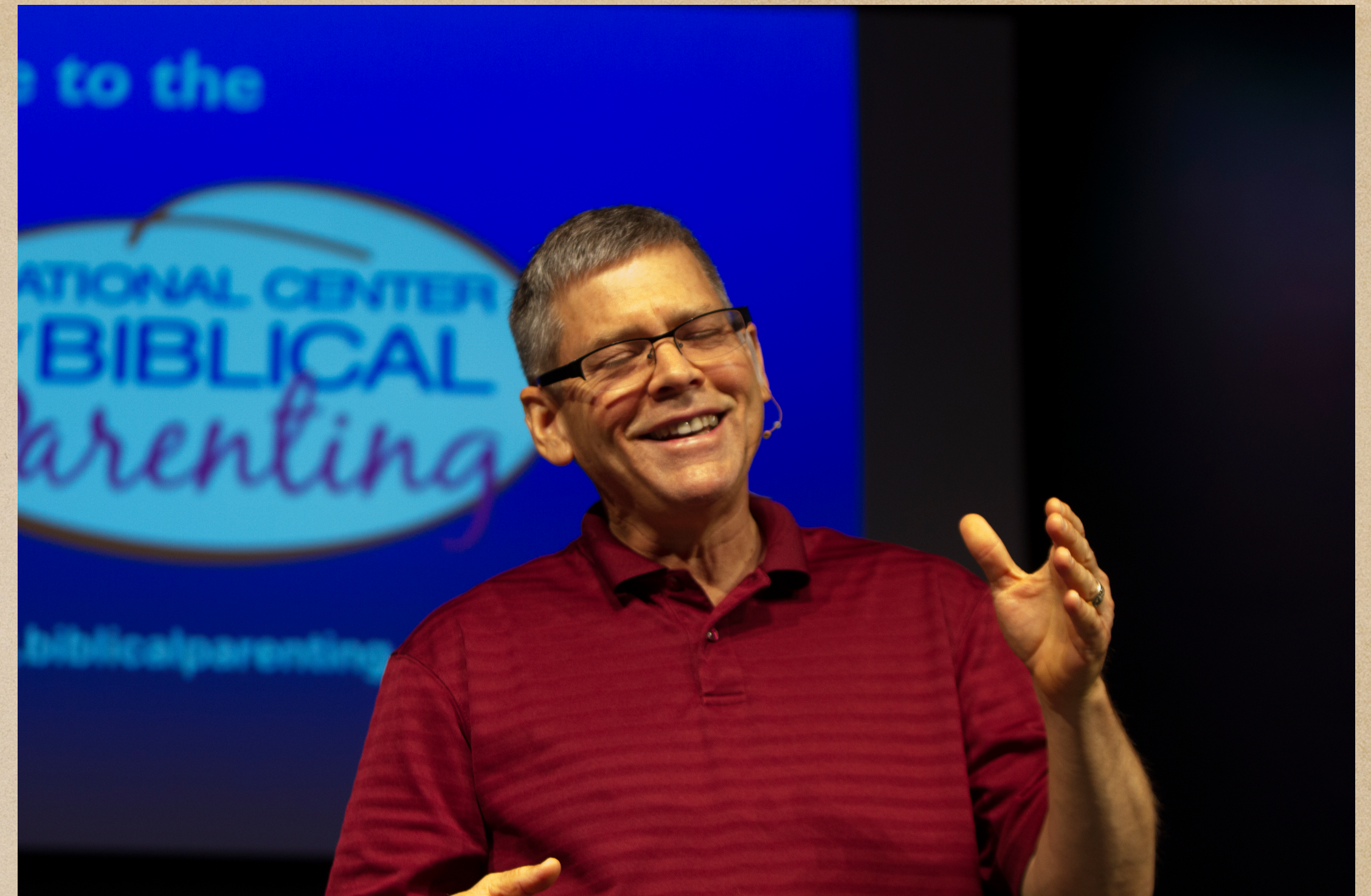
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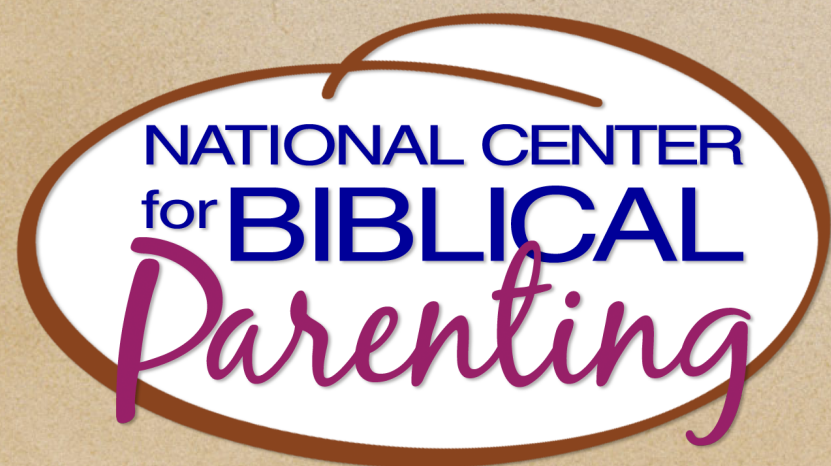
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REVIEW

1. Getting Things Done - Cycle #1

2. Off Track - Cycle #2

3. Living Within Limits - Accepting No As an Answer

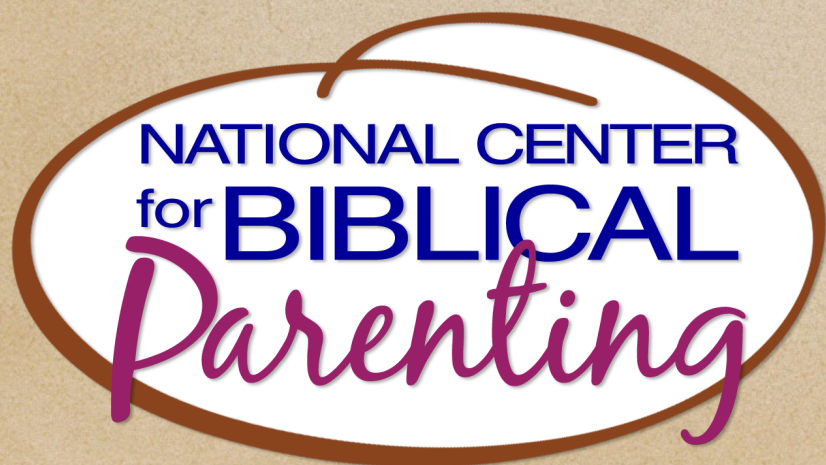


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Scriptures to Keep in Mind

Ephesians 2:10

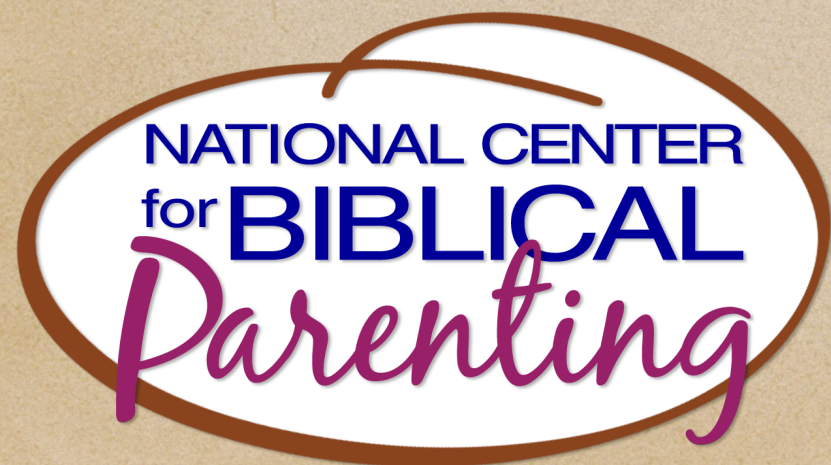
**For we are God's handiwork, created in Christ Jesus
to do good works, which God prepared in advance
for us to do.**



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In This Session You Will Learn:

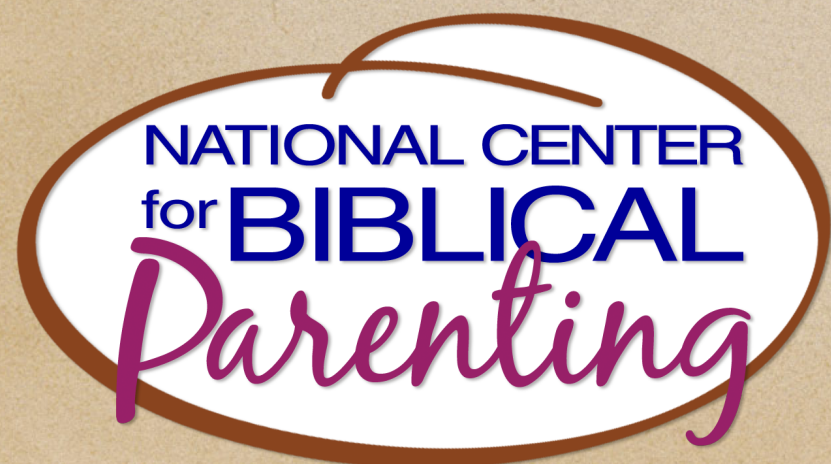
- 1. How to Strengthen a Child's Character**
- 2. How to Improve Your Parenting Skills**
- 3. How to Focus Your Family in the Right Direction**



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Healthy Use of Electronics

Wise use of electronics gathers necessary and helpful information for use in life. It's a source of learning and problem-solving. It provides quick and easy connection to friends, family, teachers, and coworkers. It delivers ways to collaborate with others and to quickly interact on tasks and responsibilities. Cell phones are a servant not a master. Electronics should be turned off at times to limit their invasive nature. Electronics can be a source of entertainment used in moderation and discretion.



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Scriptures to Keep in Mind

1 Corinthians 6:12

"I have the right to do anything," you say--but not everything is beneficial. "I have the right to do anything"--but I will not be mastered by anything.



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Unhealthy Use of Electronics

Electronics use becomes unhealthy when it hinders a person's healthy life choices. It can inhibit a healthy lifestyle by reducing exercise, sleep, and relationship. It can develop bad patterns for addressing stress, boredom, and rest. Overuse of electronics affects the brain increasing stress and emotional dependence. Electronics can be a direct channel for exposure to worldliness and an attraction to ungodly thinking. Electronics use can lead to emotional instability and addiction.

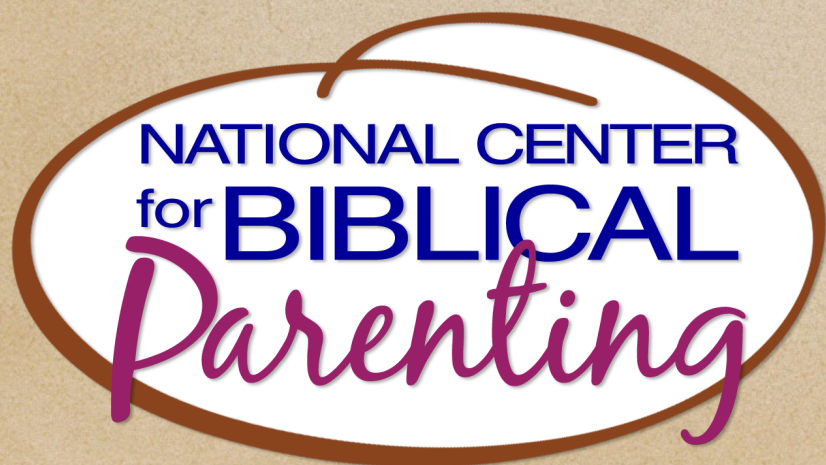


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Scriptures to Keep in Mind

Romans 12:2

Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God.



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Dangers of Electronics Use

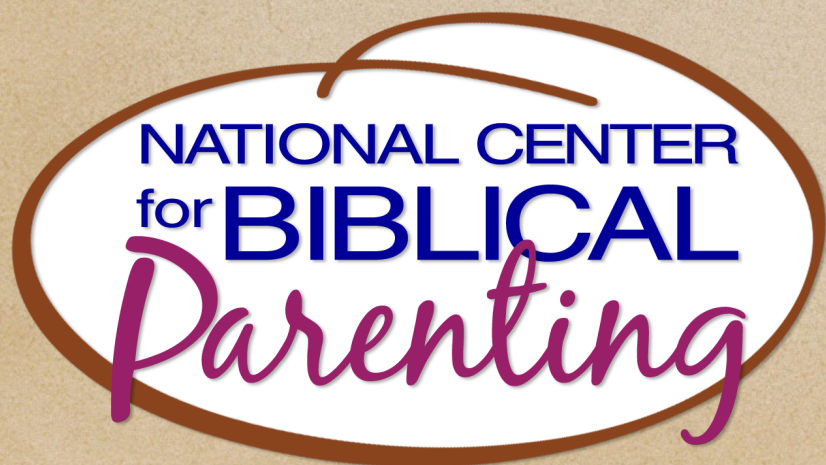
- 1. Heightened stimulation in the brain increases constant fight/flight reactions triggering unhealthy emotional activity.**
- 2. Chemical release and depletion in the brain are intensified requiring more electronic stimulation to be at ease.**
- 3. Emotional imbalance such as increased anger from violent video games or anxiety and depression from obsession with social media.**
- 4. Silence creates anxiety instead of peace. Creativity is replaced with stimulation when bored.**
- 5. Responsibilities are postponed, avoided, or delayed.**
- 6. Social media interactions lack the relational depth of face-to-face communication, increasing loneliness and lacking relational connection.**
- 7. Electronics open the pathways for worldliness to creep into the heart.**

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Scriptures to Keep in Mind

Titus 2:12

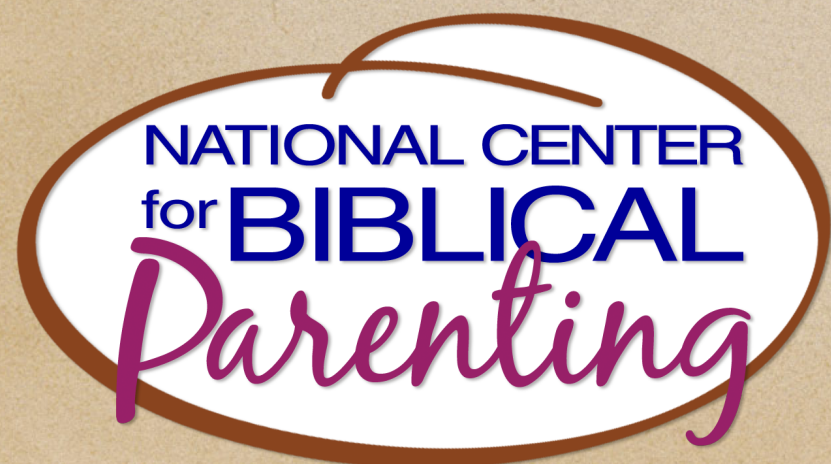
It (salvation) teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.



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Understanding Electronics Addiction in Children

Electronics addiction is the physical, psychological, or spiritual dependence on devices or electronic activity. In most cases, the individual is not able to pause, stop, or disengage the interaction for any length of time. This builds internal thinking patterns that compromise a person's identity, emotions, and general performance, and hinders healthy relationships with friends, family, work, or God.

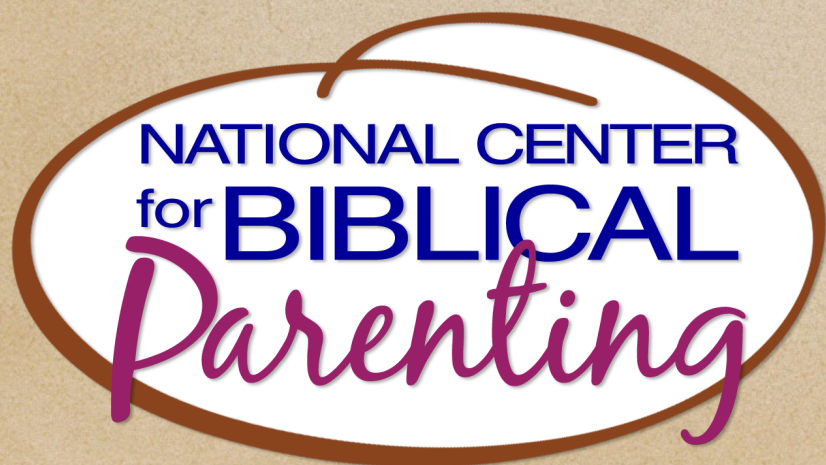


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Scriptures to Keep in Mind

Proverbs 25:28

Like a city whose walls are broken through is a person who lacks self-control.



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Warning Signs that May Indicate Electronics Addiction

- 1. Obsessive, demanding, and controlling behaviors designed to protect screen time or electronics engagement.**
- 2. General negative attitude when interrupted or away from electronic stimulation.**
- 3. Isolating oneself or resisting involvement in family, work, or school.**
- 4. A pattern of hostility and anger toward others.**
- 5. General anxiety or specific worry about friends, popularity, or acceptance.**
- 6. Sadness, despair, or discouragement about life.**
- 7. Continually tired, sleep deprived, or maintaining poor sleep habits.**



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Types of Electronics Use That Create Challenges

COMMUNICATION WITH FRIENDS

Texting and using apps to carry on conversations with friends and others

ENTERTAINMENT

Watching movies, shows, or apps such as Facebook, YouTube, Twitter, Instagram, Snapchat, or TikTok as amusement activities

SOCIAL MEDIA

Posting, reading, searching, following, liking, and commenting on apps with friends and other people in groups or individual streams

VIDEO GAMING

Playing games alone or with others through apps or on the Internet

PORNOGRAPHY

Watching sexually explicit material and feeding sexual desires

SHOPPING

Looking at trends, styles, and fashion in order to increase one's ability to be accepted by others or focusing on materialism

OTHER

Watching or listening to music, news, TV, or radio



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**Does your child have problems in this area of
electronics?**



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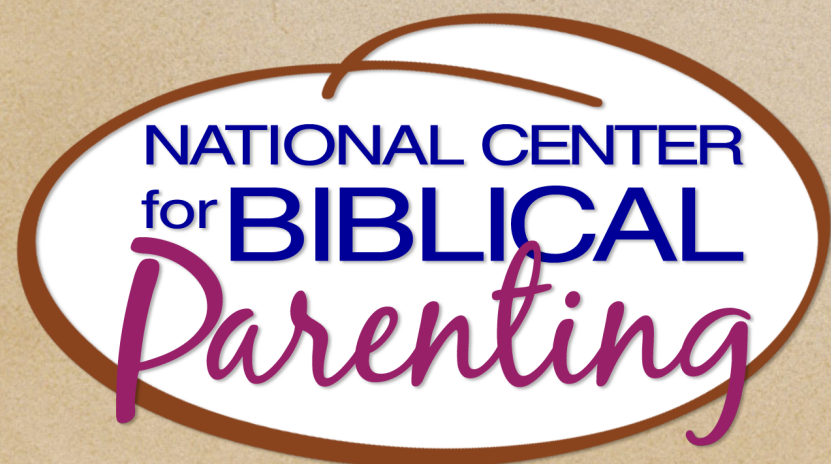
Facts

If young children turn to electronics when bored it robs them of the creativity and brain stimulation they would otherwise use.

Electronics have no discernment and thus interrupt social experiences like meals, riding in the car, normal conversation, and family time.

Many parents use electronics as a babysitter or to relieve them of parenting tasks, robbing children of other ways of entertaining or controlling themselves.

Almost all children and young people lack the internal strength of character to manage electronics.



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Scriptures to Keep in Mind

Colossians 3:2

Set your minds on things above, not on earthly things.



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General Principles

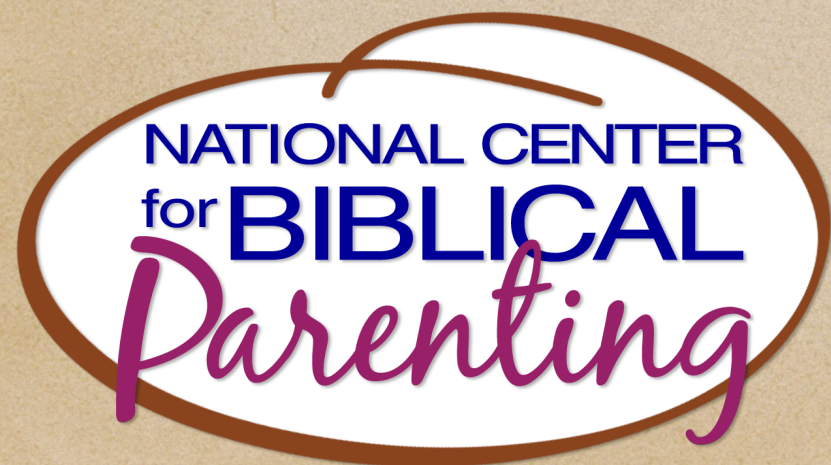
- 1. Delay the onset of electronic activity. Postpone smart phones. Avoid screen time with younger children.**
- 2. Inspire and require healthier forms of entertainment and comfort. Encourage creativity, reading, and physical activity.**
- 3. Cell phones should be parked overnight, during meals, in the car, and during family time.**
- 4. Avoid electronics use in private places such as bedrooms. Put computers in common areas.**
- 5. Teach children to be relationally available. When using headphones, keep one ear unoccupied while walking around or in common areas.**



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General Principles

- 6. Set parental controls on home internet and cellular activity. Limit apps and content children have access to.**
- 7. Require accountability. Check internet history and text and social media interaction. Use apps to monitor time used and content.**
- 8. Continually teach about worldliness, danger, addiction, and socially inappropriate conduct.**
- 9. Plan family time and alternatives to electronic engagement including physical activity, games, service, and face-to-face interactions.**

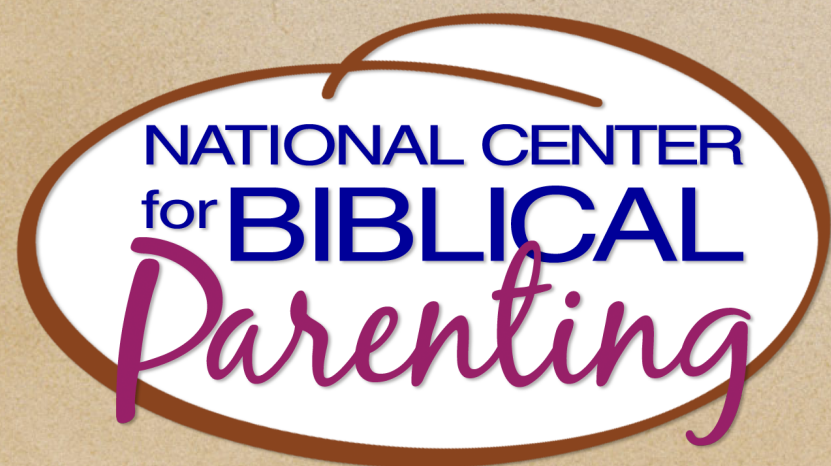


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Scriptures to Keep in Mind

1 Corinthians 15:13

Do not be misled: “Bad company corrupts good character.”



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Developing Your Plan

#1: Make choices about what's best for your family now.

Example: “We had our 12yo take a fast from electronics for one month. It was painful at first but our family relationships made a positive change.”

Example: “In the evenings our teens must put their cell phones in the kitchen where they can check them occasionally.”

Example: “We allow our 13yo computer use for school but set limits on the hours forcing him to do his school work during that time.”



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Developing Your Plan

#2: Prepare yourself for resistance.

Example: “I tell kids no electronics in the car. The first few minutes I get complaining but then conversations start to pop up.”

Example: “My son had a major tantrum when we imposed limits, throwing and breaking things. But he eventually realized we would not be deterred and we are working on anger and living within limits.”

Example: “My daughter tries to suck me into arguments and fights about electronics and I have learned to refuse to take the bait.”



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Developing Your Plan

#3: Use electronics as an incentive to build character instead of a reward for behavior.

Example: “In order for you to use electronics, you need to look for ways to contribute to our family, both the people and the house.”

Example: “If you aren’t mature enough to treat me kindly with the electronics limits then you aren’t mature enough to be on them.”

Example: “We are working on diligence and attention to detail in your school work and your chores. Show me you’re progressing there and then we can talk about electronics use.”



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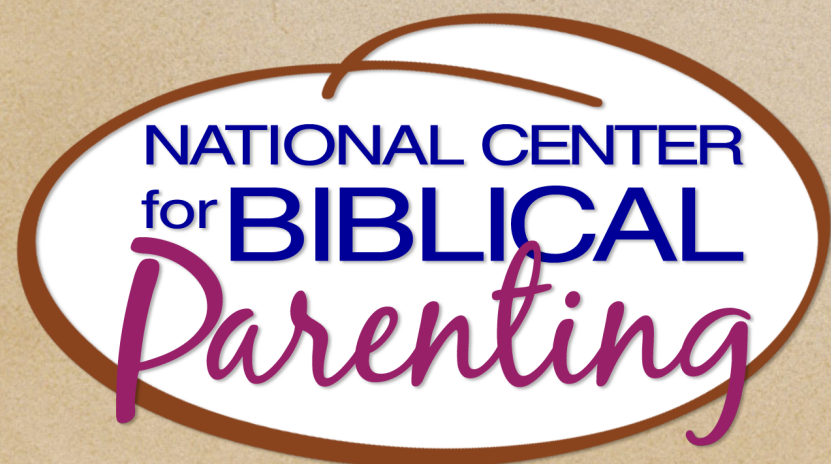
Developing Your Plan

#4: Teach children to accept no as an answer and live within limits.

Example: Badgering, arguing, or manipulation crosses the line. Parenting hint: Move from the issue to the process (the way you're treating me.)

Example: Practice contentment and gratefulness. What should they look like in your child and how can your child demonstrate them.

Example: Work on the big three tasks of Gracious Communication, Creative Problem Solving, and Emotional Management.



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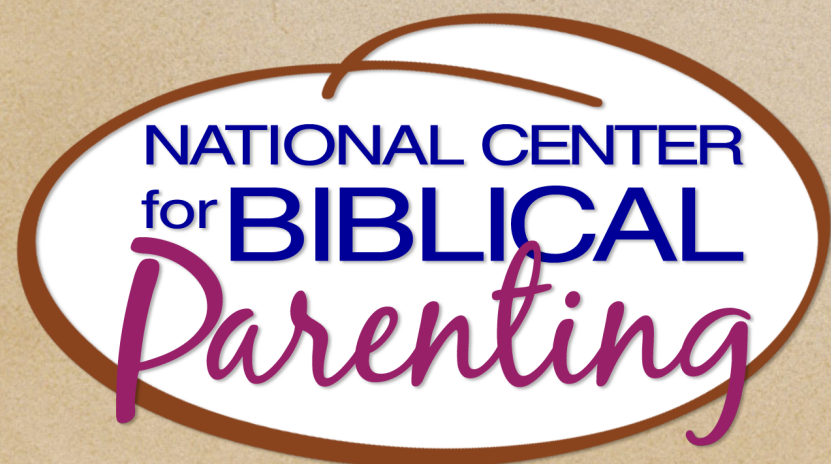
Developing Your Plan

#5: Readjust your plan as necessary based on your child's needs.

Example: Once you've started limit setting you will likely be able to practice saying no more often to continue character development.

Example: More character means more self management with accountability.

Example: Continually look for ways to increase godliness and healthy thinking and behavior.

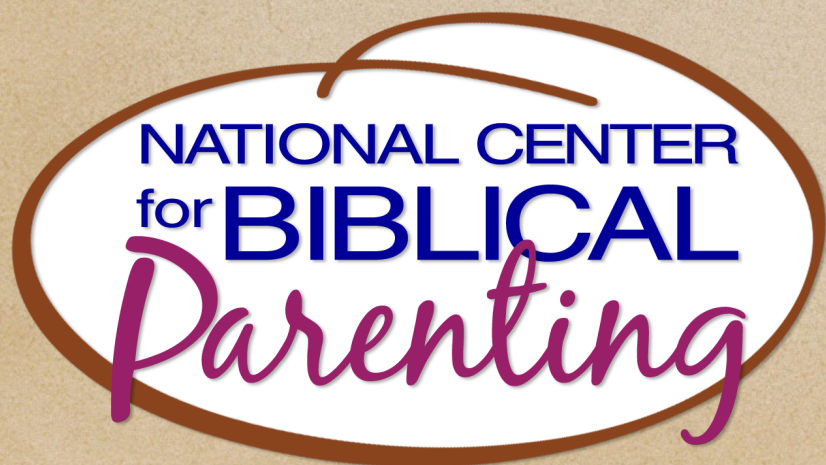


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Encouragement

You don't have to live with lingering tension in your home. If you are stuck get help.

The Biblical Parenting Coaching Program



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Other Resources

unpluggedfamily.org



“My Screen War is not against technology in and of itself. It is against addiction, because that is what leaves us disconnected from our loved ones and depressed.” — Madlin Mangrum



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Other Resources

infoforfamilies.com



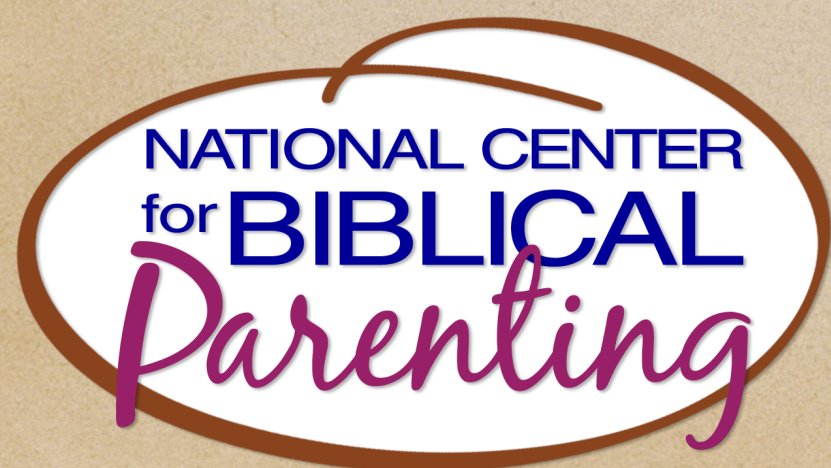
“Some experts say that young people today have been part of a ten-year experiment to determine the effects of constant technological and social connection on our lives. The data is just coming in and is absolutely alarming.” —Barrett Johnson



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