

GOSPEL TECH[📶]

LOVE GOD. USE TECH.





Making Tech Safe at Home



Making Tech Safe at Home

1. Two types of tech



Making Tech Safe at Home

1. Two types of tech
2. Assess Tech Health



Making Tech Safe at Home

1. Two types of tech
2. Assess Tech Health
3. Make tech safe at home



TWO TYPES OF TECH



TOOL TECH



TOOL TECH



DROOL TECH



TOOL TECH:



TOOL TECH:

HELPS US

CREATE



DROOL TECH:



DROOL TECH:

**HELPS US
CONSUME**



TOOL OR DROOL?



The background of the slide is a dark, atmospheric photograph of a forest. In the foreground, there are several tall, thin evergreen trees. In the background, a large, craggy rock formation, possibly a cliff face, rises above the treeline. The overall lighting is dim, suggesting dusk or dawn.

TOOL OR DROOL?

1. NAIL GUN



TOOL OR DROOL?

1. NAIL GUN

2. PODCAST



TOOL OR DROOL?

1. NAIL GUN

2. PODCAST

3. NEWSFEED



TOOL OR DROOL?

1. NAIL GUN

2. PODCAST

3. NEWSFEED

4. COMPUTER



TOOL = CREATE

TOOL = CREATE



DROOL = CONSUME





YouTube





YouTube

- **2.5 billion monthly users**





YouTube

- **2.5 billion monthly users**
- **if 10% stay 1 extra minute**





YouTube

- 2.5 billion monthly users
- if 10% stay 1 extra minute
- +173,000 days worth of viewing that month



But how?!



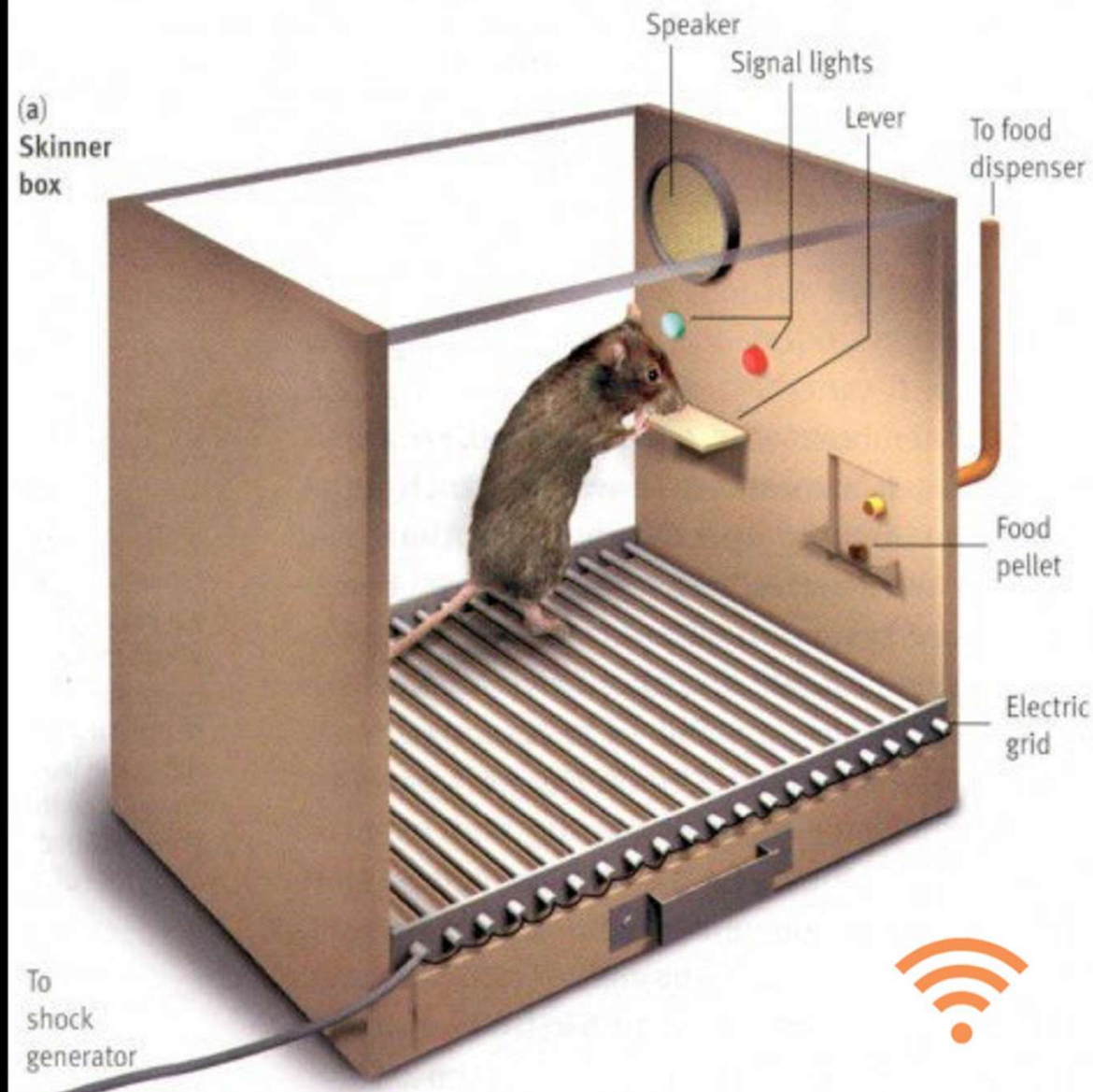
OPERANT CONDITIONING

-BF SKINNER, 1938



OPERANT CONDITIONING

-BF SKINNER, 1938



HOOKED



How to Build
Habit-Forming Products

NIR EYAL

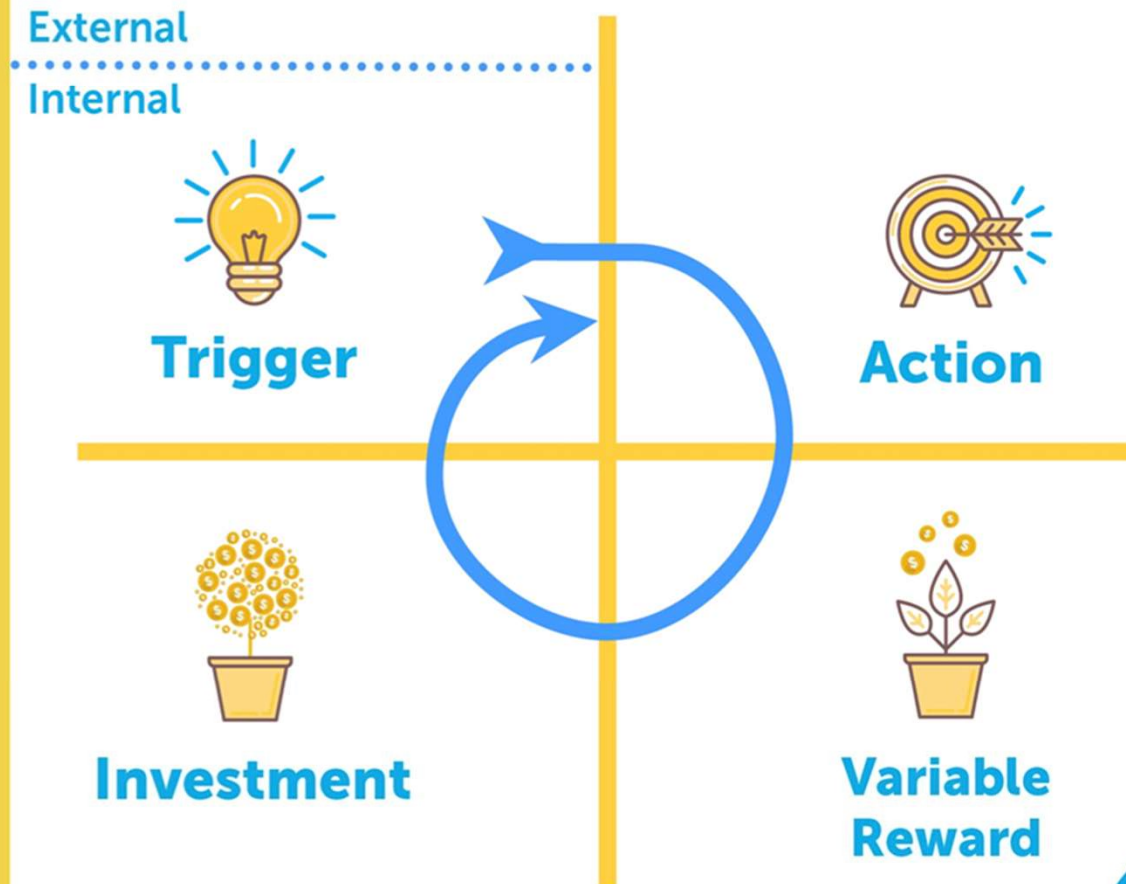
HOOKED

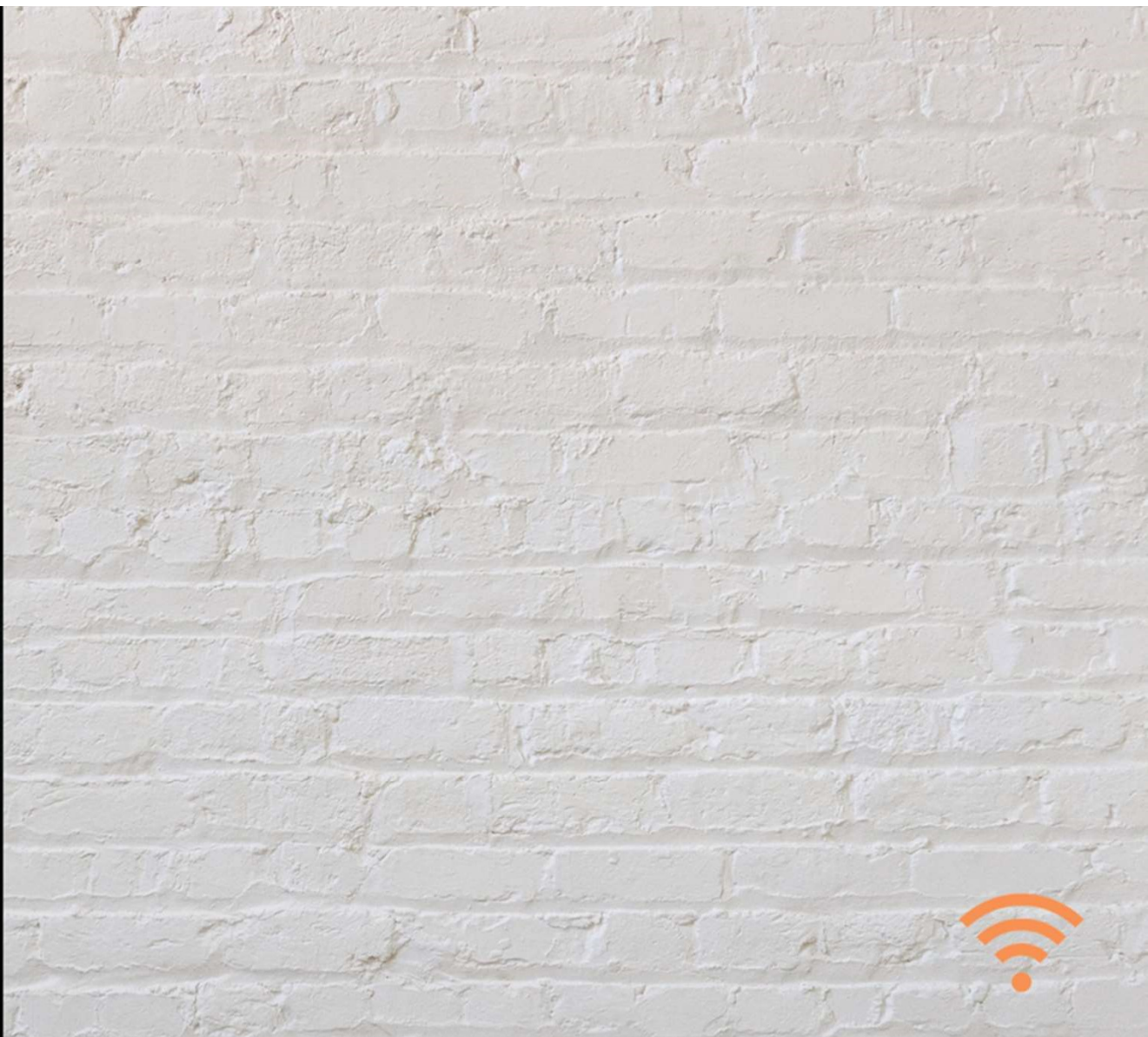


How to Build
Habit-Forming Products

NIR EYAL

The Hook







• NOTIFICATIONS





- NOTIFICATIONS
- LIKES





- NOTIFICATIONS
- LIKES
- SWIPE TO REFRESH





- NOTIFICATIONS
- LIKES
- SWIPE TO REFRESH
- INFINITE SCROLL





- NOTIFICATIONS
- LIKES
- SWIPE TO REFRESH
- INFINITE SCROLL
- FEEDS





- NOTIFICATIONS
- LIKES
- SWIPE TO REFRESH
- INFINITE SCROLL
- FEEDS
- POINTS/REWARDS

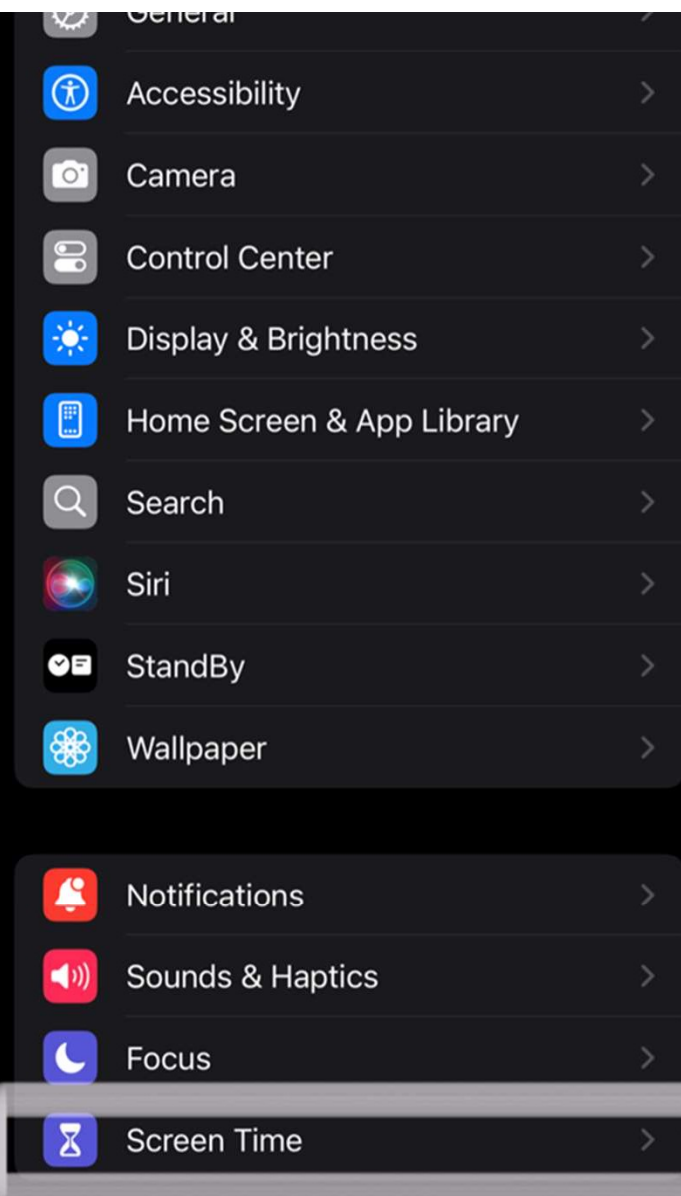
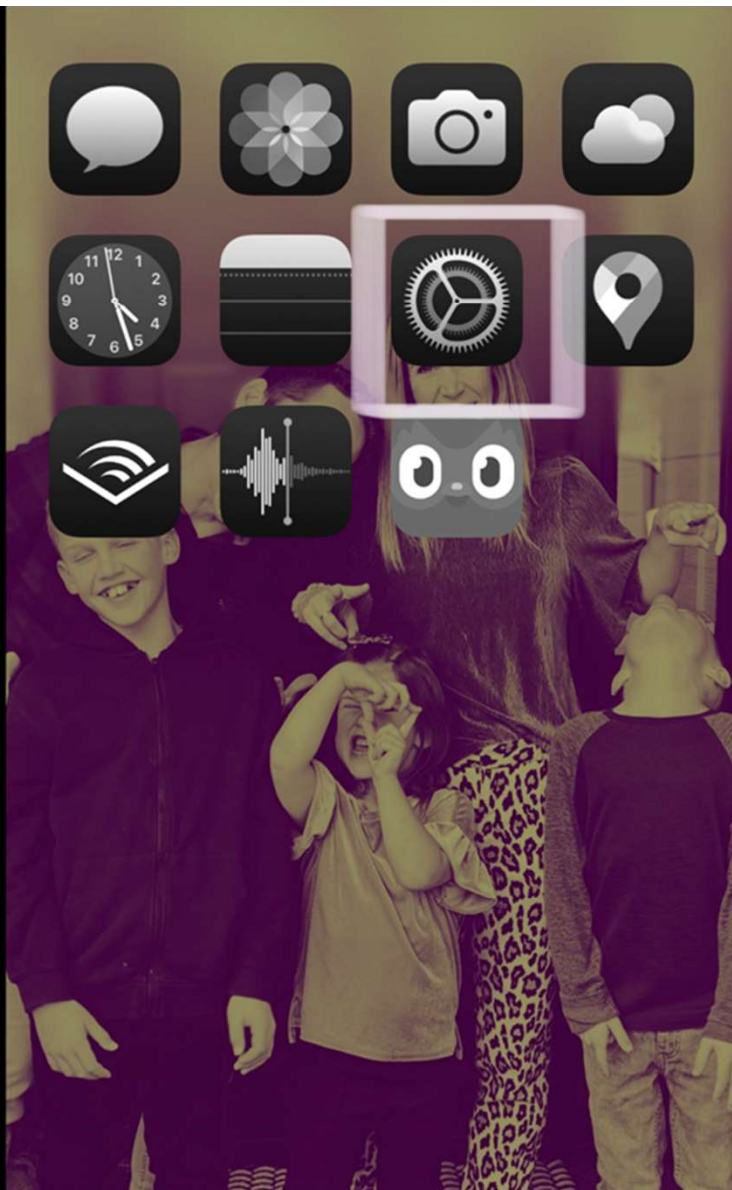




- NOTIFICATIONS
- LIKES
- SWIPE TO REFRESH
- INFINITE SCROLL
- FEEDS
- POINTS/REWARDS
- F.O.M.O.



It's just kids, right?



< Settings

Screen Time

IPHONE (7)

Daily Average

1h 54m




↓ 30% from last week



See All App & Website Activity

Updated today at 4:28 PM

LIMIT USAGE

-  **Downtime**
Schedule time away from the screen >
-  **App Limits**
Set time limits for apps >
-  **Always Allowed**
Choose apps to allow at all times >

< Screen Time

iPhone (7)

Week

Day

SCREEN TIME

Daily Average

1h 54m

↓ 29% from last week



Social
3h 31m

Travel
1h 33m

Creativity
43m



Total Screen Time

9h 34m

Updated today at 4:33 PM

MOST USED

SHOW CATEGORIES

-  **Messages**
3h 30m >
-  **Google Maps**
>



Last Week



PICKUPS

Last Week's Average

42



7% from last week



Most Pickups
Thursday: 64

Total Pickups
296

FIRST USED AFTER PICKUP



Messages



104



Photos



21



Google Maps



16



Podcasts

YOUTH & SCREENS



YOUTH & SCREENS

• 8+ HOURS AVG • (COMMON SENSE MEDIA SURVEY, 2022)



YOUTH & SCREENS

- 8+ HOURS AVG. (COMMON SENSE MEDIA SURVEY, 2022)
- MENTAL HEALTH (TWENGE ET AL, 2017)



YOUTH & SCREENS

- 8+ HOURS AVG. (COMMON SENSE MEDIA SURVEY, 2022)
- MENTAL HEALTH (TWENGE ET AL, 2017)
- ANXIETY & SADNESS (CDC 2023)
- ACADEMIC SUCCESS (BELAND, MURPHY, 2015)
- BRAIN DRAIN (WARD, DUKE, 2017)



MENTAL HEALTH

-CDC, 2023

MENTAL HEALTH

"NEARLY 3 IN 5 (57%) U.S. TEEN GIRLS FELT PERSISTENTLY SAD OR HOPELESS IN 2021—DOUBLE THAT OF BOYS, REPRESENTING A NEARLY 60% INCREASE AND THE HIGHEST LEVEL REPORTED OVER THE PAST DECADE."

-CDC, 2023



Why do we care?



We can be convinced we **need**
something we didn't **want.**



REFLECT:

REFLECT:

**1. WHICH DEVICE OR APP DOES
YOUR FAMILY USE WELL?**

REFLECT:

**1. WHICH DEVICE OR APP DOES
YOUR FAMILY USE WELL?**

**2. WHICH DEVICE OR APP
CAUSES THE MOST CONFLICT
IN YOUR FAMILY?**

HOW DO WE KNOW IF
TECH USE IS **HEALTHY?**



RESET

Does this tech impede my...



RESPONSIBILITY / RELATIONSHIP



EMOTIONS



SLEEP





Lexon Flip Plus Reversible LCD Alarm Clock Radio Controlled (Mint)

[Visit the Lexon Store](#)

★★★★☆ 305 ratings

\$29⁹⁰

FREE Returns

Get \$60 off instantly: Pay \$0.00
\$29.90 upon approval for the
Amazon Prime Store Card. No
annual fee.

Color: **Mint**



\$29.90



\$29.90



\$29.90



\$29.90



Roll over image to zoom in



SLEEP IMPACTS IQ, EQ, LEARNING, MEMORY, HEALTH, IMMUNE SYSTEM

- MATTHEW WALKER
(WHY WE SLEEP, 2017)



A LACK OF SLEEP IS LINKED WITH DEPRESSION & SUICIDE.

-ZHAI, ZHANG, & ZHANG, 2015

-GLOZIER ET AL, 2010



**WE DON'T ADAPT TO A LACK OF
SLEEP. INSTEAD WE INCUR A "SLEEP
DEBT"—BASICALLY OUR BRAINS
PUTTING A LIEN ON OUR LIFE.**

-POUDEL ET AL, 2014



ENJOYMENT



TIME



REFLECT:



REFLECT:

**FIST TO FIVE:
WHAT IS YOUR RESET?**



**WHAT CAN WE DO
INSTEAD OF
UNHEALTHY TECH?**

BENEFICIAL STRESS

1.Risk

2.Responsibility

3.Free Play

BENEFICIAL STRESS

















REFLECT:



REFLECT:

**WHICH TYPE OF BENEFICIAL
STRESS CAN YOU ADD?**



REFLECT:

**WHICH TYPE OF BENEFICIAL
STRESS CAN YOU ADD?**

1. RISK



REFLECT:

**WHICH TYPE OF BENEFICIAL
STRESS CAN YOU ADD?**

1. RISK

2. RESPONSIBILITY



REFLECT:

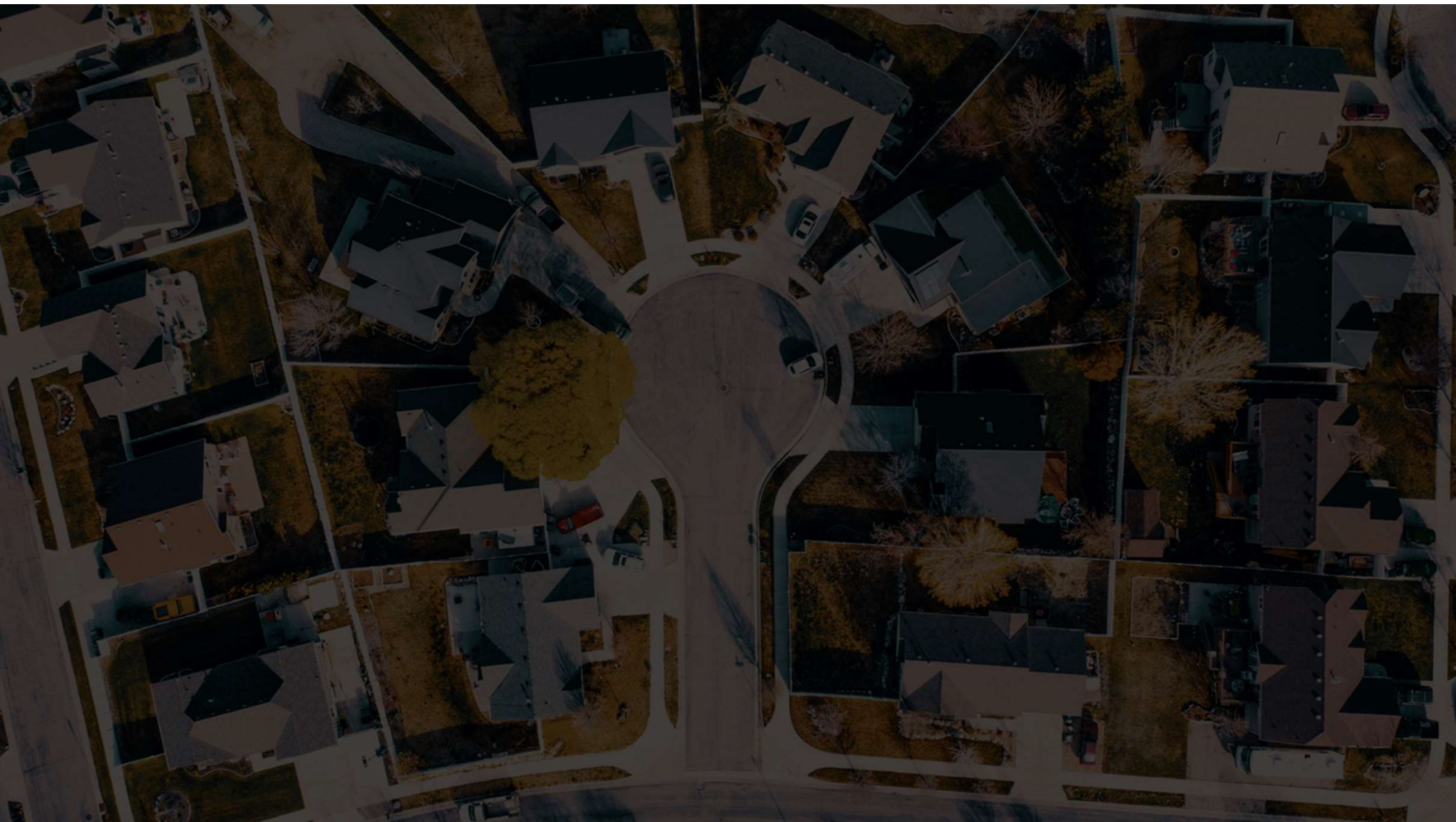
**WHICH TYPE OF BENEFICIAL
STRESS CAN YOU ADD?**

- 1. RISK**
- 2. RESPONSIBILITY**
- 3. FREE PLAY**



**HOW DO WE MAKE
TECH SAFE AT HOME?**





An aerial photograph of a suburban neighborhood featuring a central cul-de-sac. The area is filled with houses of various sizes, many with dark roofs, and green lawns. Trees with green and yellow foliage are scattered throughout the landscape. The text "THE INTERNET IS THE NEW CUL DE SAC" is overlaid in the center, with "CUL DE SAC" in orange and the rest in white.

THE INTERNET IS THE
NEW CUL DE SAC



A wide-angle photograph of a large, green lawn. In the background, a dense, green hedge runs across the frame. A small gap in the hedge reveals a building with a red roof and a spire. The sky is dark and cloudy. The text "BUILD A HEDGE" is overlaid in large, orange, sans-serif capital letters.

BUILD A HEDGE

NETWORK

A dark, atmospheric photograph of a park. A wide, tree-lined path leads towards a building with a spire in the distance. The trees are dense and dark green. The sky is dark and cloudy. The word "NETWORK" is overlaid in large, orange, sans-serif capital letters in the center of the image. In the foreground, a grassy area is visible with a few small figures of people walking or sitting.

A dark, atmospheric photograph of a park at night. The scene is dimly lit, with a dense line of trees in the background and a building with a dome visible through the foliage. In the foreground, a grassy area is visible with a few small figures of people. The overall mood is mysterious and somber.

NETWORK

PROVIDE SAFE HOME INTERNET



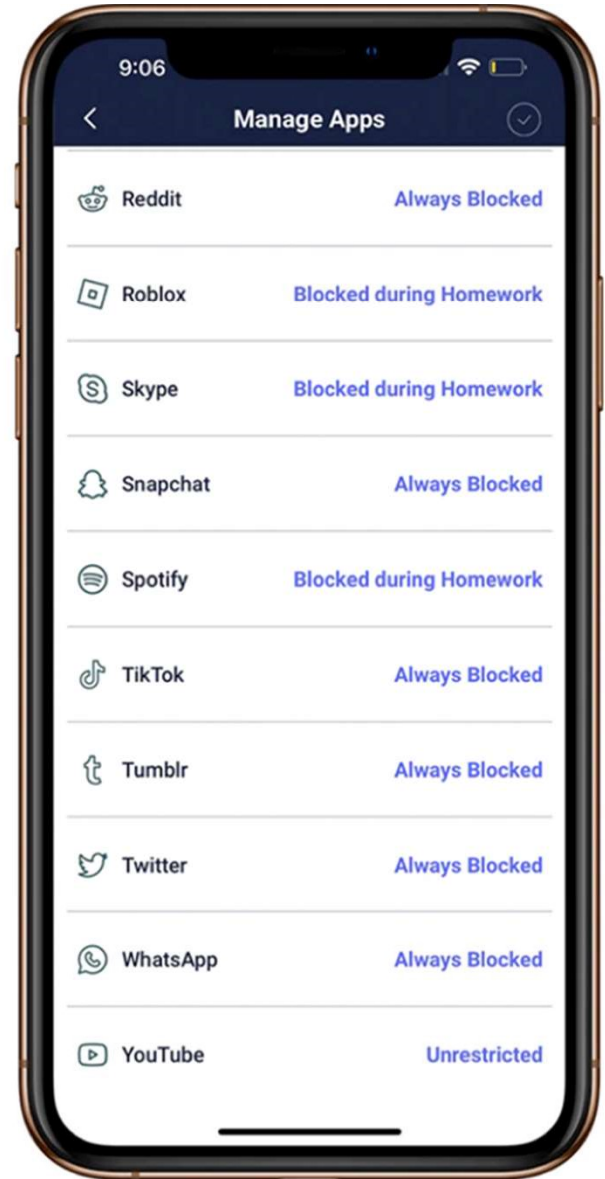
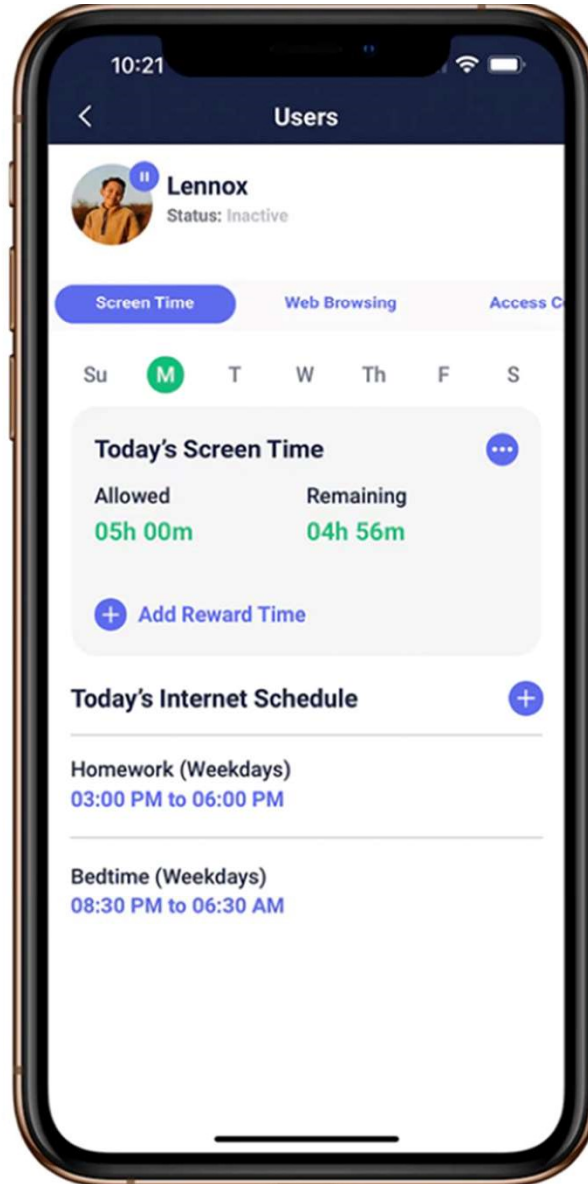
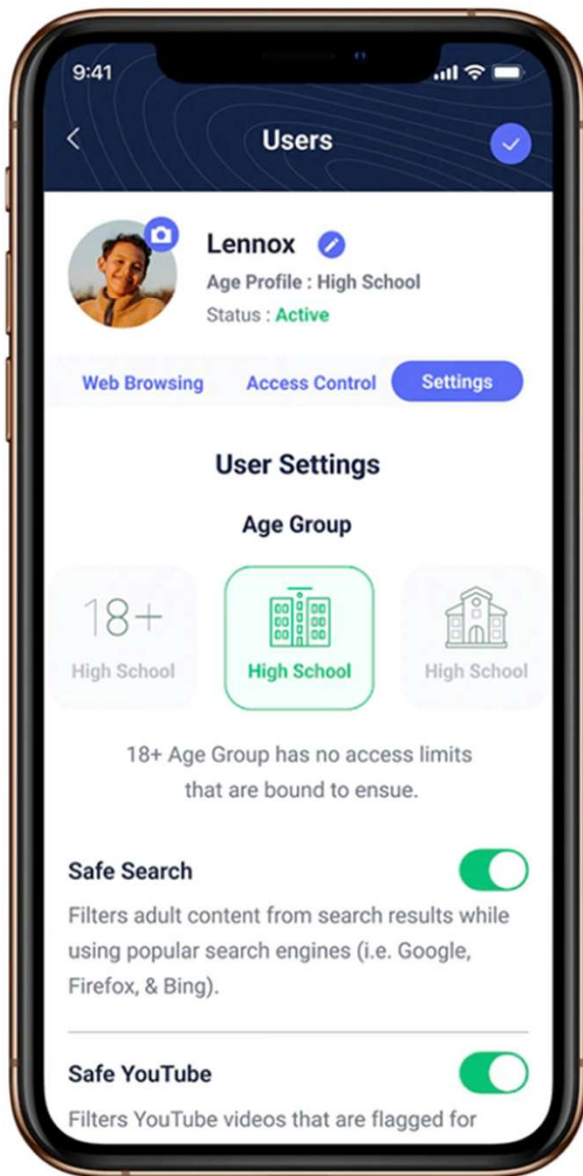
OPTION #1

OPTION #1

THE GRYPHON ROUTER







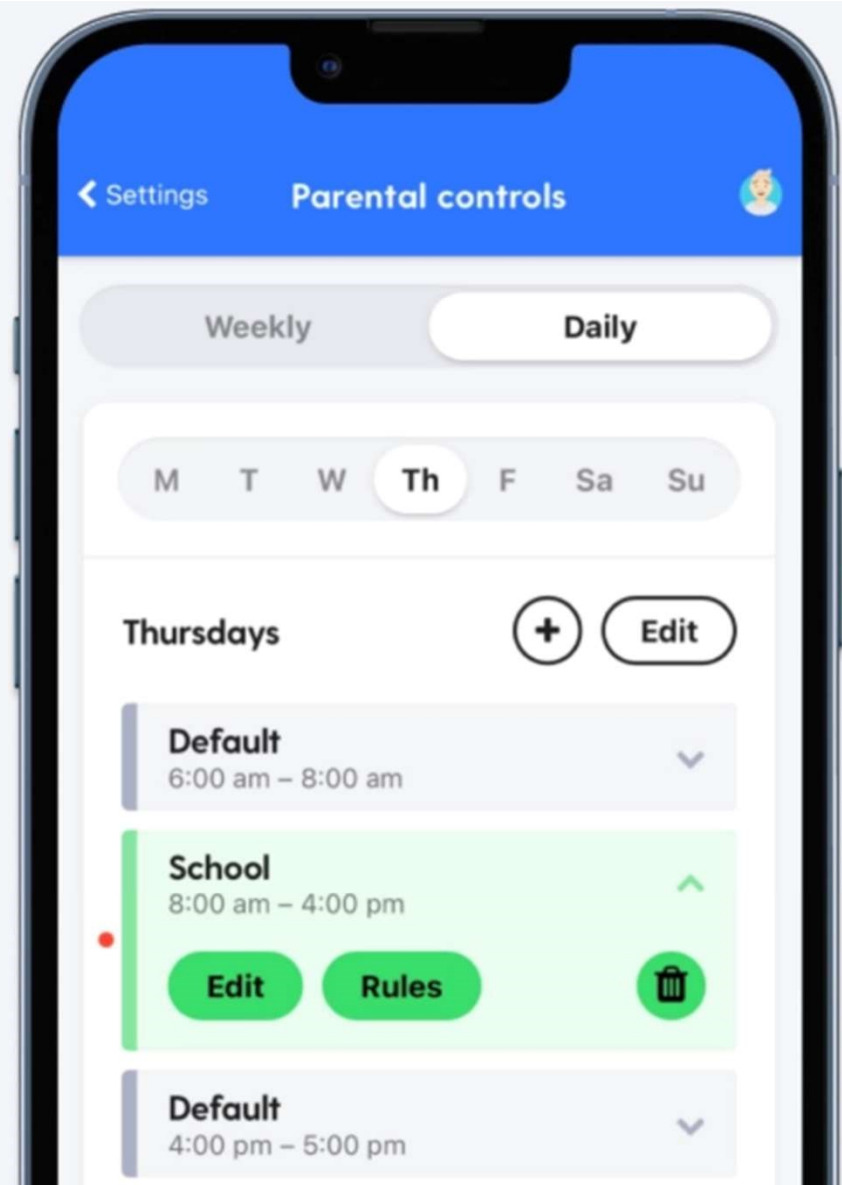
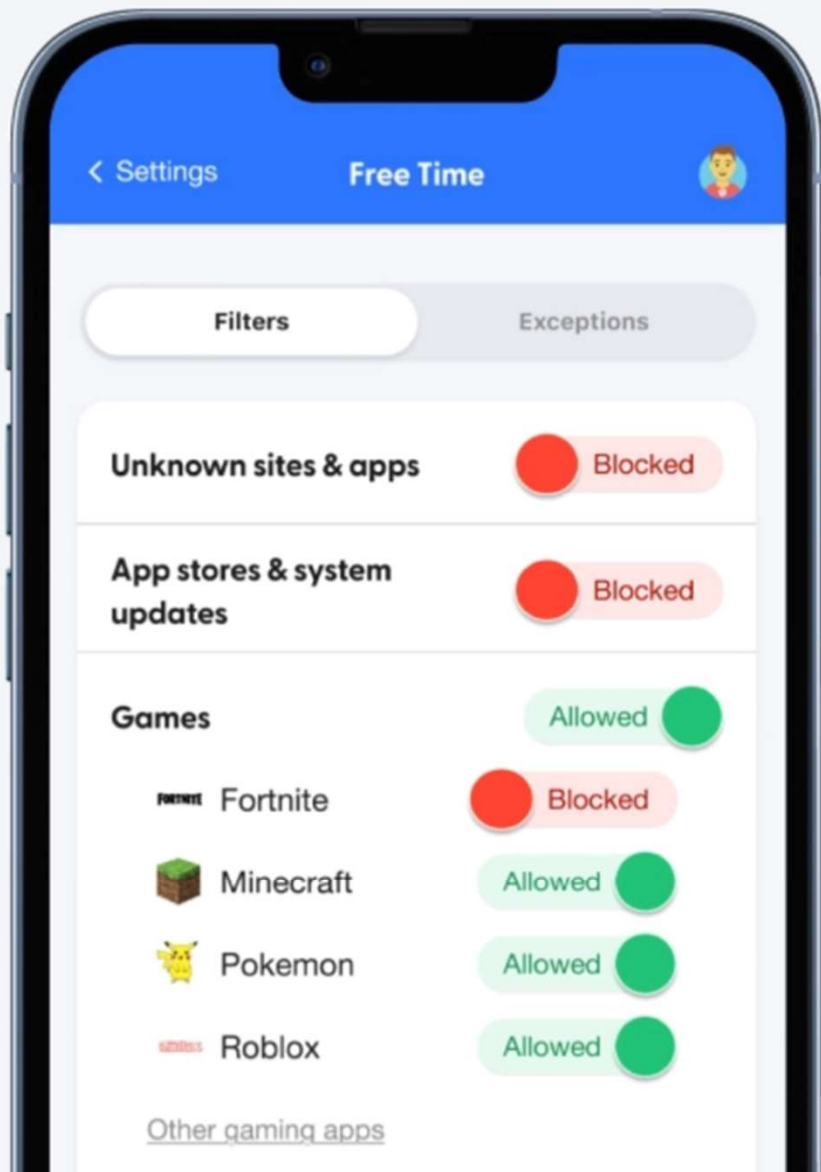
OPTION #2



OPTION #2

BARK HOME





DEVICES


The background image is a dark, moody photograph of a park. A dense line of tall, dark trees forms a canopy across the middle ground. In the distance, a building with a pointed roof is visible through the trees. The foreground is a dark, grassy field with a few small figures of people. The word 'DEVICES' is overlaid in the center in a bright orange, sans-serif font.

A dark, atmospheric photograph of a park. A path leads through a dense line of trees towards a building with a red roof in the distance. The scene is dimly lit, with the sky appearing dark and cloudy. The overall mood is mysterious and somewhat somber.

DEVICES

PROVIDE ACCOUNTABILITY

BARK & BARK PHONE






[Products](#) [Parental Controls](#) [Pricing](#) [Reviews](#) [Resources](#) [Blog](#) [Login](#) [Start free trial](#)

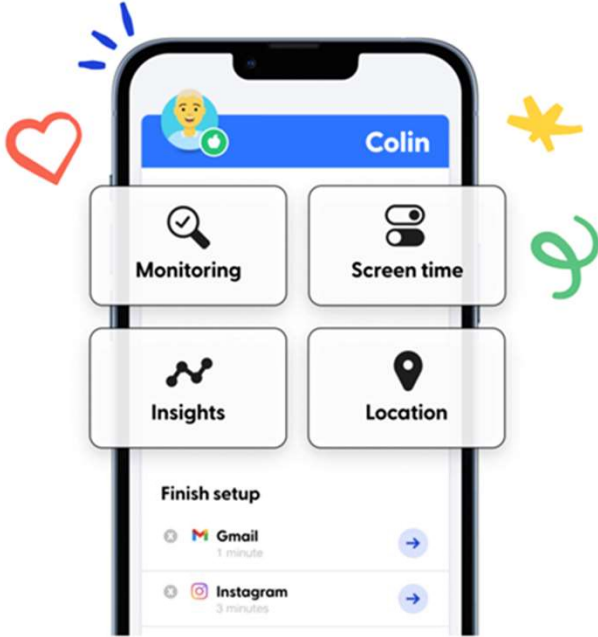
Bark Premium: The Go-To App for Parental Monitoring


Bark Premium is the gold standard when it comes to parental monitoring. Help protect your kid online and in real life with alerts.

[Start your free trial →](#)

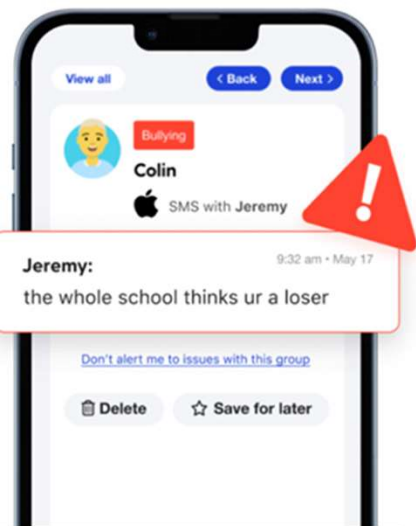
  

Bark works on iOS, Amazon and Android mobile devices.



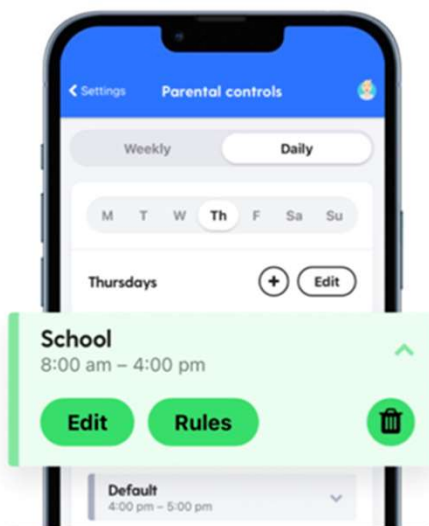


With Bark, Parents Can:



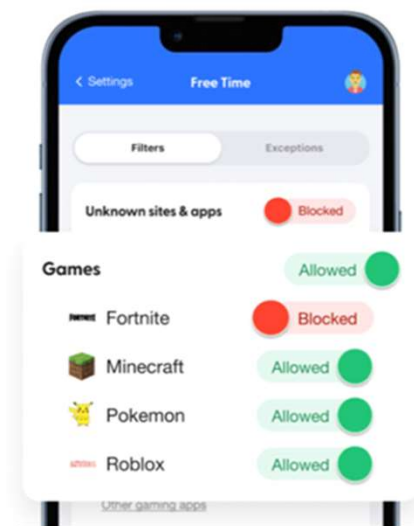
Monitor content

Get alerts for issues like bullying, predators, sexual content, and more.



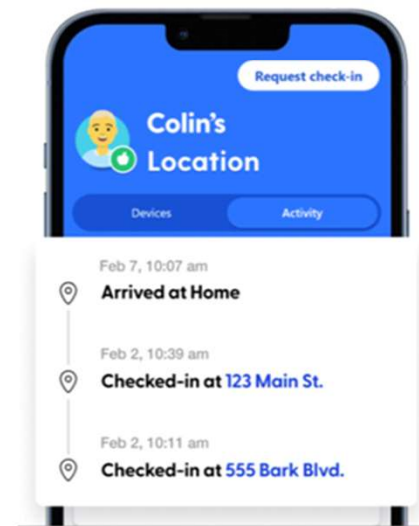
Manage screen time

Create custom daily screen time schedules for your child's device.



Filter websites

Block access to specific websites or even whole categories.



Set location alerts

Get notified when your kid arrives at or leaves a set location.

COVENANT EYES

Defeat Porn. Together.

Covenant Eyes is designed to help you and those you love live free from pornography.



Partner up to Defeat Porn

The Covenant Eyes app tracks activity on your devices. The Victory app shares your activity feed right to your ally's phone.



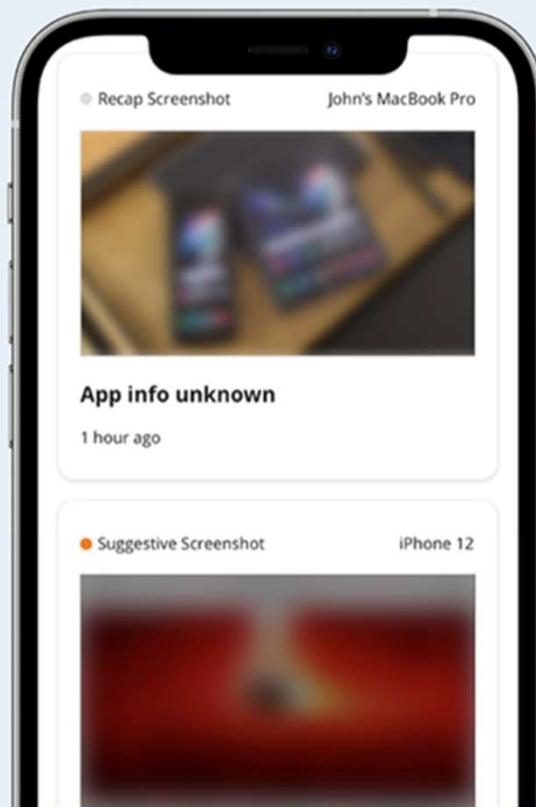
Life-Changing Conversations

Through meaningful conversations, your allies will be there to pick you up when you fall down and cheer you on when you succeed.



Break Bad Habits for Good

With the help of your allies, you can soar to new heights both online and offline and say goodbye to porn forever.

[MONITORING](#)[ACTIVITY FEED](#)[BLOCKING](#)[ALERTS](#)[LEARNING](#)

Activity Feed

Activity is rated, then explicit and suggestive content is flagged for review on your activity feed within the Victory app.

- ✓ A scrollable, filterable feed of device activity and information is available in the Victory app.
- ✓ Our 3 class rating model uses patented AI to determine if content is explicit, suggestive, or clean.
- ✓ All content in the activity feed is blurred by design and secured with AES 256-bit encryption to protect user privacy and ally integrity.



FAMILY



FAMILY

SAFE, READY, GOOD

IS IT **SAFE**?

LUKE 11:11-12



**"...which one of you, if his son asks him
for an egg, will give him a scorpion?"**

LUKE 11:11-12



SAFE TECH:



SAFE TECH:

1. TOOL TECH



SAFE TECH:

1. TOOL TECH

2. NO BROWSER



SAFE TECH:

1. TOOL TECH
2. NO BROWSER
3. NO APPS



SAFE TECH:

1. TOOL TECH
2. NO BROWSER
3. NO APPS
4. ACCOUNTABLE



ARE THEY READY?

LUKE 16:10



"One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

Luke 16:10



CREATE A FRAMEWORK

TIME
PLACE
CONTENT
SAFETY

WANT HELP?

⁰¹ GROUND RULES

⁰² TIME

⁰³ PLACE

⁰⁴ CONTENT

⁰⁵ PRIORITIES

⁰⁶ SAFETY

In the following pages (p.53-63),
try these steps to find agreement
in each section:



Highlight ones that
will serve your family.



Cross out the ones
that aren't helpful.



Add anything you believe
could help your family better
love God and use tech.

WANT HELP?

⁰¹ GROUND RULES

⁰² TIME

⁰³ PLACE

⁰⁴ CONTENT

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GOSPELTECHWORKSHOP.COM — "GTWORKSHOP"

IS IT GOOD?

(LOOK AT THE FRUIT)

GALATIANS 5:19-23



BAD FRUIT

**"Now the works of the flesh are evident:
sexual immorality, impurity, sensuality,
idolatry, sorcery, enmity, strife, jealousy, fits of
anger, rivalries, dissensions, divisions, envy,
drunkenness, orgies, and things like these."**

Gal. 5:19-21



GOOD FRUIT

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control..."

Gal. 5:22-23



GOOD FRUIT

**DOES THIS TECH IMPROVE
YOUR CHILD'S RESET?**



DOUBLE PERFECT



Scratch RPG 8

Settings File Edit Scratch RPG 8 Share See Project Page Tutorials Debug

Code Costumes Sounds

Motion

- go to front layer
- go to costume to idle180
- move 10 steps
- turn 15 degrees
- turn 15 degrees
- go to random position
- go to x: 0 y: 0
- glide 1 secs to random position
- glide 1 secs to x: 0 y: 0
- point in direction 90
- point towards mouse-pointer
- change x by 10
- set x to 0
- change y by 10
- set y to 0
- if on edge, bounce

Looks

Sound

Events

Control

Sensing

Operators

Variables

My Blocks

Pen

Backpack

when I receive Tick-Player

- change TICK by 1
- Player-Controls
- if joy dist > 0 then
- Player Movement
- else
- switch costume to join idle PLAYER DIR
- set base costume to costume number
- set frame to 0
- Move Camera

change joy x by 0 - key left arrow pressed? or key a pressed?

set joy y to key up arrow pressed? or key w pressed?

change joy y by 0 - key down arrow pressed? or key s pressed?

if focus palette of Tiles = 0 then

set joy dist to sqrt of joy x * joy x + joy y * joy y

else

set joy dist to 0

set y to PLAYER

switch costume to

stamp

Player: solid 0

Sprite Player

Size 200

Direction 90

Player Tiles font Thumbnail Backgrou...

Level Store

Backdrops 1



griffpatch

@griffpatch · 404K subscribers · 179 videos

Fun Scratch Coding Tutorials for beginners, educators and advanced coders alike, we have ...more

[griffpatch.academy](#) and 6 more links

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Thank you, channel members!



Join

For You



RPG Tutorial | Craft your dream Scratch Game | 1. The Player

1.2M views · 2 years ago



Griffpatch vs Scratch JR: Flappy Bird Challenge!

1.6M views · 2 years ago



Beautiful Particle Trails | Geometry Dash #3 | Scratch Tutorial

335K views · 1 year ago

**THE BEST TECH HELPS
OUR CHILDREN LOOK
MORE LIKE JESUS.**



REFLECT:



REFLECT:

**1. WHICH HEDGE WILL YOU
BUILD FIRST?**

(DEVICE, NETWORK, FAMILY)



REFLECT:

**1. WHICH HEDGE WILL YOU
BUILD FIRST?**

(DEVICE, NETWORK, FAMILY)



REFLECT:

**1. WHICH HEDGE WILL YOU
BUILD FIRST?**

(DEVICE, NETWORK, FAMILY)

**2. WHICH TECH PASSES THE
SAFE, READY, AND GOOD
TEST?**



MAKE TECH SAFE @ HOME:



MAKE TECH SAFE @ HOME:

1. Two types of tech



MAKE TECH SAFE @ HOME:

1. Two types of tech
2. Support a healthy RESET



MAKE TECH SAFE @ HOME:

1. Two types of tech
2. Support a healthy RESET
3. Build helpful hedges



MAKE TECH SAFE @ HOME:

1. Two types of tech
2. Support a healthy RESET
3. Build helpful hedges
4. Use the best tech well



YOUR NEXT-STEPS:



YOUR NEXT-STEPS:

1. Read these notes tomorrow



YOUR NEXT-STEPS:

1. Read these notes tomorrow

2. Listen to the Gospel Tech Podcast



YOUR NEXT-STEPS:

1. Read these notes tomorrow
2. Listen to the Gospel Tech Podcast
3. Choose one hedge to build!



THANK YOU.



THANK YOU.



Resources:

THANK YOU.



Resources:

- Gospeltech.net/resources

THANK YOU.



Resources:

- Gospeltech.net/resources
- nathan@gospeltech.net