

END SCROLLING, ADDICTION, & ESCAPISM

Taking Charge of Technology

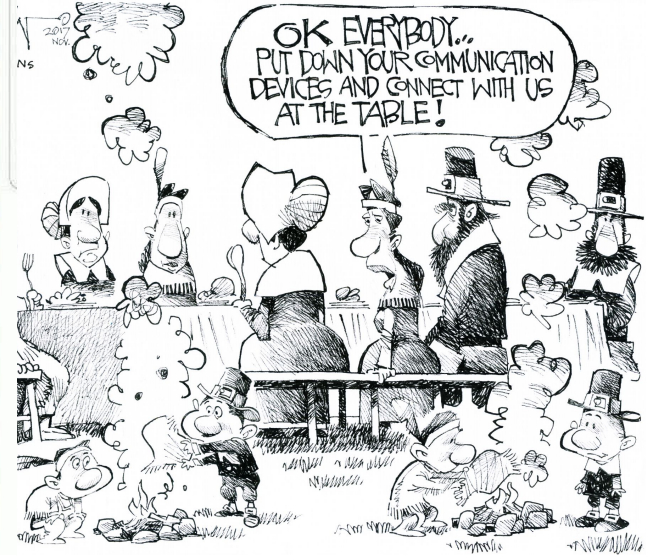
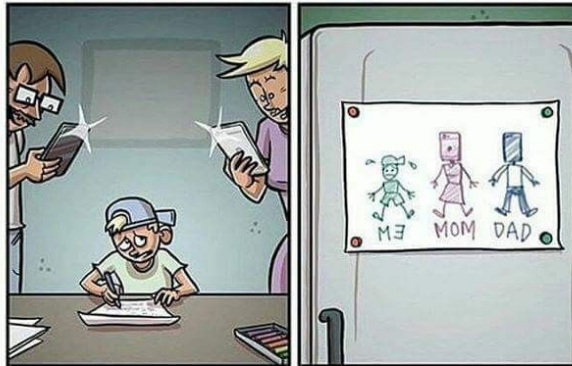
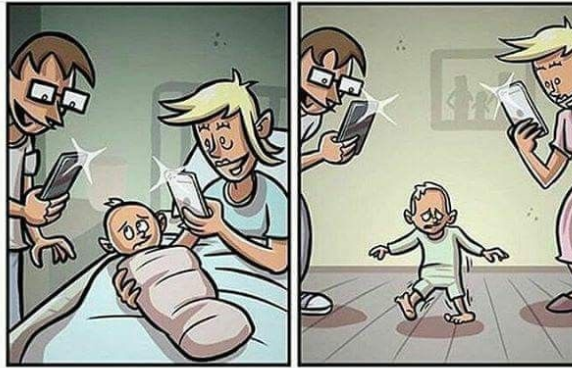


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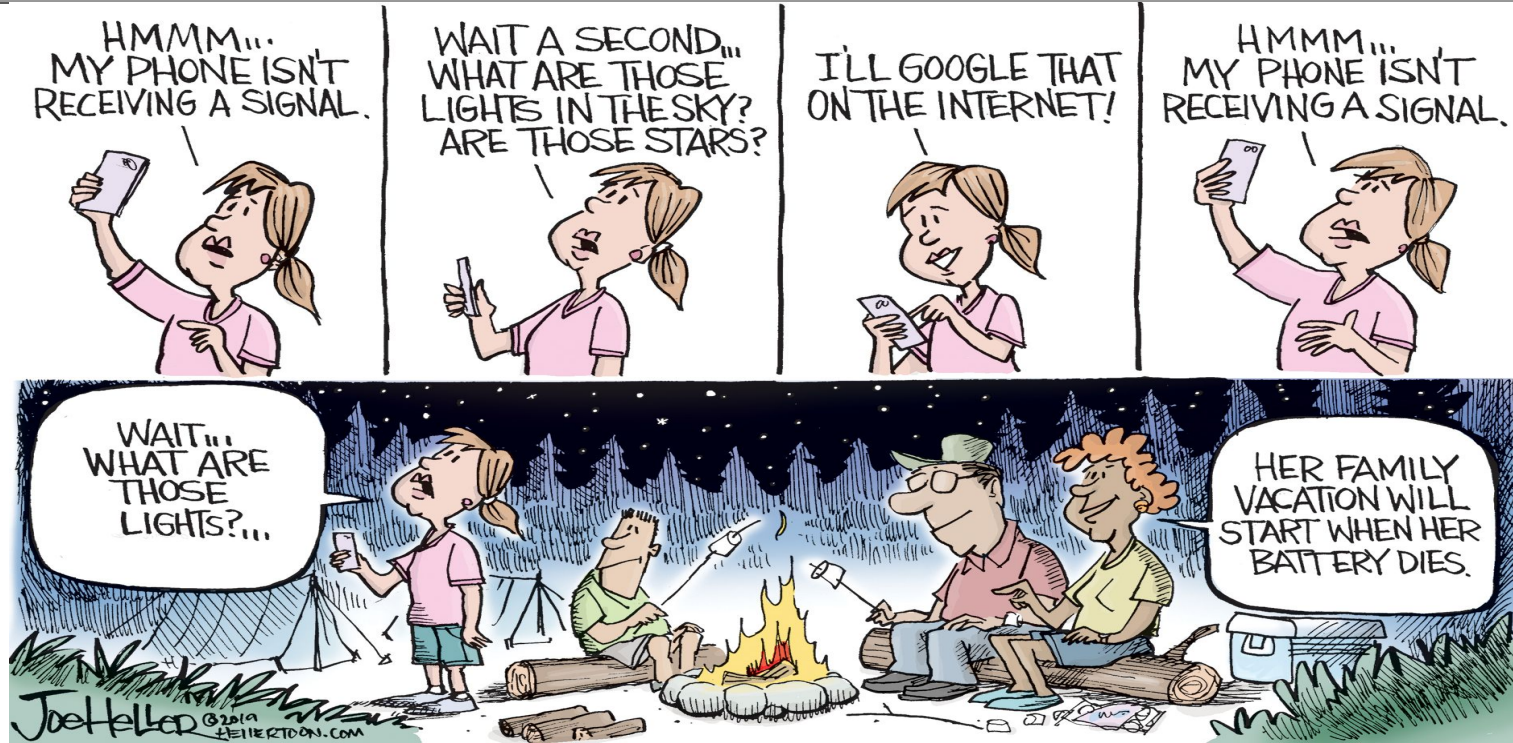


"WELL, YES, WE COULD READ YOUR BLOG... OR YOU COULD JUST TELL US ABOUT YOUR SCHOOL DAY."



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Does a lot. Asks so little.

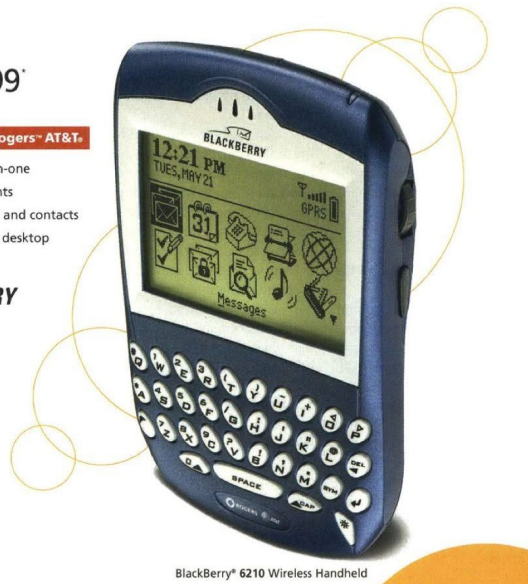
The new BlackBerry 6210 Wireless Handheld™ is the ultimate all-in-one communications tool. Integrated phone and e-mail, calendar, contacts all in a more compact design. We've even made the price more compact. All on Canada's most advanced wireless voice and data network. For details, go to rogers.com/blackberry. It's a whole new business day.

\$399⁹⁹

Available only from Rogers® AT&T.

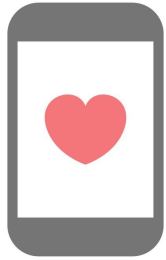
- Phone and e-mail all-in-one
- View e-mail attachments
- Manage your calendar and contacts
- Synchronize with your desktop

 **BLACKBERRY**



BlackBerry® 6210 Wireless Handheld

What do I value about my phone as a tool?



Banking/Finances ■ Books/Reading ■ Calendar
Connection with People ■ Convenience ■ Creativity
Entertainment ■ Family ■ Games ■ Gospel Library
Health/Fitness ■ Internet Searches ■ Learning
Memories/Photos ■ Music/Podcasts ■ Navigation ■ News
Organization ■ Safety ■ Shopping/Errands ■ Social
Media ■ Travel ■ Spirituality ■ Work/School

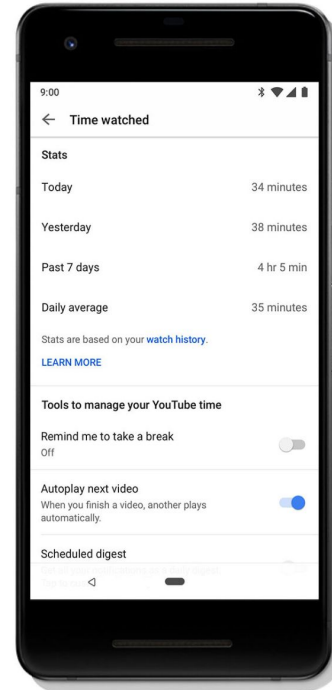
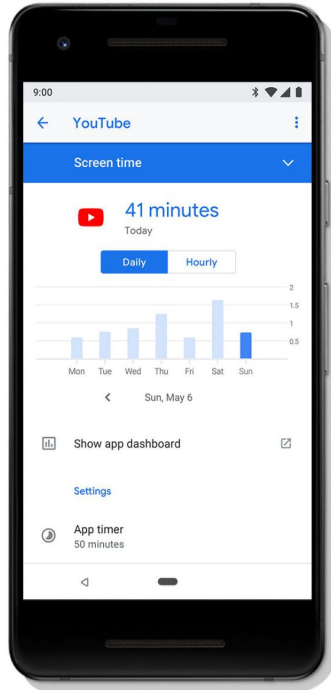
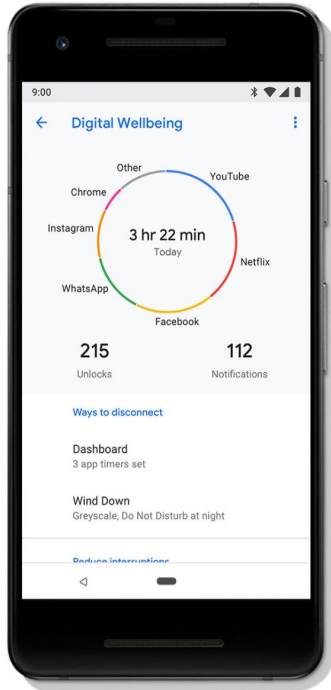
Q: How many hours a day does the average American spend on screens?

5-6 hours for adults

8-9 hours for teenagers

Android - Settings: Digital Wellbeing

iPhone - Settings: Screen Time



Americans' Cell Phone Usage and Habits

0% 50% 100%



89%

Americans check their phones within the first 10 minutes of waking up



75%

Americans feel uneasy leaving their phone at home



75%

Check their phones within 5 minutes of receiving a notification



75%

Use their phone on the toilet



69%

Have texted someone in the same room as them before

How often we check our phones per day



0% 50% 100%



60%

Sleep with their phone at night



57%

Consider themselves addicted to their phones



55%

Say they have never gone longer than 24 hours without their cell phone



47%

Feel a sense of panic or anxiety when their cell phone battery goes below 20%



46%

Use or look at their phone on a date



27%

Use or look at their phone while driving

Church Resource: Taking Charge of Technology



PURPOSE

I can use technology with a purpose. It doesn't control me.



PLAN

When I plan ahead, I feel better and make better choices.

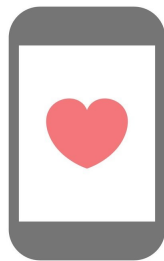


PAUSE

It's OK for me to pause and take a break.



Why?



51 Wherefore, do not spend money for that which is of no worth, nor your labor for that which cannot satisfy.

2 Nephi 9:51

We must guard against becoming so attached to digital devices that we become detached from God.

We cannot simply point and click on or download a personal, revelatory relationship with our Heavenly Father.

-Elder Scott D. Whiting

We should avoid any behavior that is addictive. Whatever is addictive compromises our will. Subjecting our will to the overbearing impulses imposed by any form of addiction serves Satan's purposes and subverts our Heavenly Father's. This applies to addictions to drugs, addiction to practices such as gambling, and any other addictive behavior.

-Dallin H. Oaks

Artificial intelligence can answer questions, but it cannot answer prayers. It can organize information, but it cannot offer revelation, covenant connection, or divine truth.

-Gerrit W. Gong

Sometimes the most productive “point and click” application is that of pointing our finger at the power button and clicking our digital devices off.

-Elder Scott D. Whiting

In a world of accelerating technology and artificial intelligence, may we never lose the divine intelligence that matters most—the voice of God. May we listen for His whisper amid the noise, love one another beyond algorithms, and steward creation and the environment with reverence.

-Gerrit W. Gong

In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost.

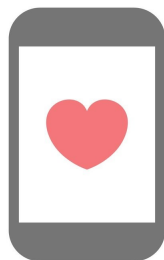
- President Russell M. Nelson

HEARING
GOD'S VOICE
IN AN
AGE OF AI

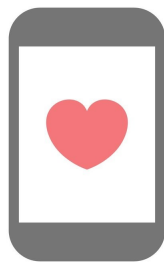


Why?

- Where might my phone be limiting me?
- What do I want more of?
- What is something I suspect I am missing because of my phone?



What?



7 Now it came to pass that while Amalickiah had thus been obtaining power by fraud and deceit, Moroni, on the other hand, had been preparing the minds of the people to be faithful unto the Lord their God.

8 Yea, he had been strengthening the armies of the Nephites, and erecting small forts, or places of resort; throwing up banks of earth round about to enclose his armies, and also building walls of stone to encircle them about, round about their cities and the borders of their lands; yea, all round about the land.

9 And in their weakest fortifications he did place the greater number of men; and thus he did fortify and strengthen the land which was possessed by the Nephites.

Alma 48:7-9

What is your Plan

- What structure would help me feel more in control of my phone usage?
- What limits would I benefit from?
- Do I have phone-free times and places?
- How can I reduce distractions?
- What promptings are you feeling today?

