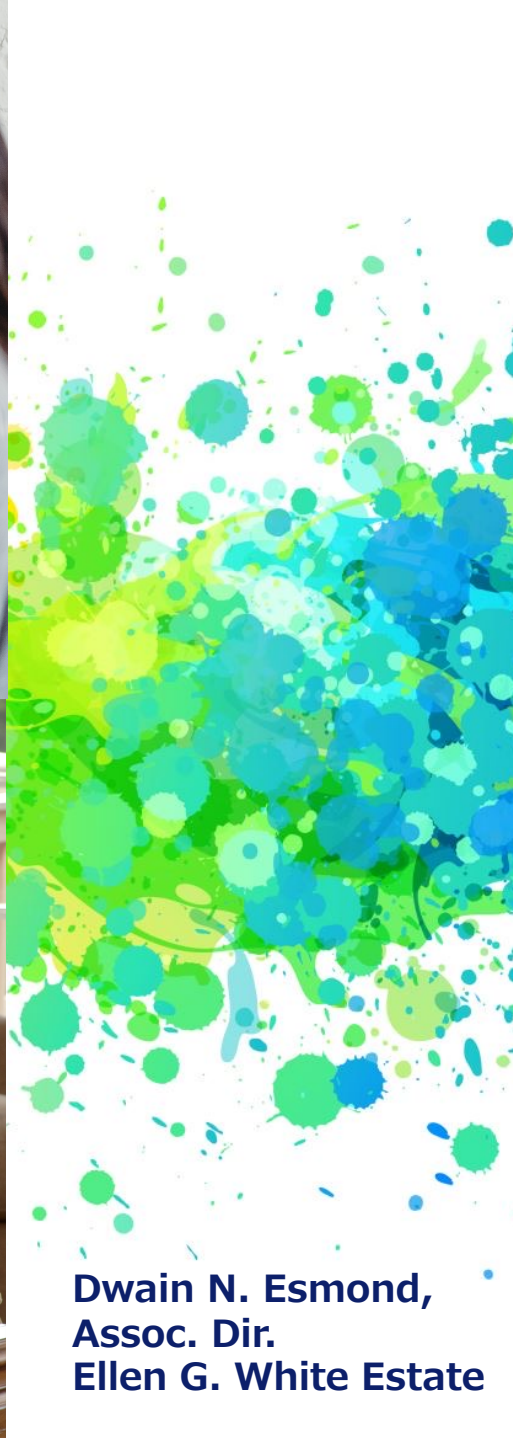




Back to
the Altar

Digital Hygiene for Individuals and Families

A Daily Place for God in Every Heart and Home
2022–2027



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**Is Digital Media
Evil?**

**Are Devices
Evil?**



Benefits for Individuals

- Connectivity
- Community
- Education
- Information
- News
- Easy Information Sharing
- Support Noble Causes
- Stress Reliever and Way to Decrease Loneliness



Benefits for Families

- Inexpensive connectivity with family from anywhere at any time.
- Stay connected via statuses, share photos and videos.
- Can share your problems and feelings in hard times with a geographically separated family member.
- Provide an instant source of connection with the family to students and workers abroad.
- Efficient source of establishing a friendly atmosphere for family relationships via group chats and events sharing.

Time well Spent?

- The Average Social Media user spent **2 hours and 27 minutes** per day on social media in 2022.
- **50.1% of the time spent on mobile** was done using social media apps in 2020.



Average Screen Time

- Globally, the average screen time is **6 hours 58 minutes**/day.
- The average American spends **7 hours and 4 minutes** staring at a screen/day.
- Americans spend an average of **3 hours and 43 minutes** on their phone/day.
- Experts recommend less than **2 hours** of screen time/day.
- Daily screen time peaked at **7.7 hours** daily during the COVID-19 Pandemic.—*Zippia Research*





Negatives for Individuals

- SHORTENED ATTENTION SPAN
- MEMORY LOSS
- FRACTURED THINKING
- LOSS OF EMPATHY
- META-AWARENESS
- NEGATIVE ATTITUDE
- DECLINE OF HEALTH

Negatives for Families

- **Changed Family Culture** - less family gatherings
- **Increased Isolation** of family members
- **Changed Marital Relationships** - present but emotionally absent
- **Decrease in Family Importance** - decreases dependence on parents, and bond with parents
- **Others Get the Best of us**, family gets the rest of us





Negatives for Children

- **Negatively affects child psychology**, deteriorating memory function
- Reduces sleep cycles, **limits creativity**
- **Diminishes communication** between parent and child, shortens attention spans
- Potentially encourages **violent and aggressive behavior**
- Premature thinning of Cortex (7 Hrs. or more/day)
- **2 hrs. or more/day**—score lower on thinking and language tests



9 Rules for Technology Use in Every Family

In this house...

1. Technology is a privilege not a right
2. All technology must be parent approved
3. We value people more than technology
4. Devices don't come to the dinner table
5. There is no tech behind closed doors
6. Chores and homework come before tv or video games
7. Turn it off negotiation Is not a negotiation
8. We break it we help pay to replace it
9. We use technology appropriately

... or we lose it

SPIRITUAL DIGITAL HYGIENE

Individuals

BEST PRACTICES FOR SPIRITUAL DIGITAL HYGIENE

1

CONSIDER DOING A DIGITAL DETOX

- Try one week without non-work social media/Internet/TV use
- Keep a journal of your feelings and emotions

SET A LIMIT ON YOUR MEDIA USAGE

- Identify 2 healthy hobbies/activities to do instead
- Track your usage with apps

2

3

BE MINDFUL OF YOUR BEHAVIOR ONLINE

- Use the Bible's Filter: Phil. 4:8

4

ADOPT A NO-DEVICE RULE DURING SOCIAL GATHERINGS

- This will be a challenge. Don't just catalogue moments, enjoy them

5

TURN OFF NOTIFICATIONS AND DELETE UNUSED APPS AND SOFTWARE

6

DETERMINE HOW YOU WILL USE MEDIA TO DEEPEN YOUR WALK WITH GOD AND MINISTER TO OTHERS

7

WHEN ASKED, SHARE YOUR SPIRITUAL MEDIA HYGIENE HABITS WITH OTHERS, AND WHY YOU HAVE CHOSEN TO TAKE THESE STEPS

Why We **Must Do This** (Ephesians 2:1-10)

“And **you He made alive, who were dead** in trespasses and sins, in which you once walked according to the course of this world, **according to the prince of the power of the air**, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and **were by nature children of wrath**, just as the others.



Why We **Must Do This** (Ephesians 2: 1-10)

"But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus. For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.



Our **First Duty**...

“Our first duty toward God and our fellow beings is that of self-development. **Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable” – TE 137**

