

connected 3D

Using technology in a God-honoring way



LOOKING TO INCREASE GENERATIONAL INTERACTION BOTH INSIDE AND OUTSIDE OF YOUR HOME?

Try our 21 day Connected 3D challenge – an easy way to reduce your screen time and be more intentional with your most important relationships!

HOW TO PARTICIPATE IN CONNECTED 3D OVER THE NEXT 21 DAYS

- *Read through the Connected 3D plan.*
- *Plan to meet as a family to go over the Family Contract and decide together to set tech-free zones, guidelines, and connection opportunities for the next 21 days.*
- *Go over the Screen-Free Fun Ideas together and set up a couple of fun activities for the family to enjoy together.*
- *Meet together on the 21st day to discuss together how following the Connected 3D guidelines went for your family. Discuss what guidelines you might want to adopt permanently.*

3D PLEDGE

I/We pledge to Disconnect to Connect, Deepen Internal Values, and Develop External Boundaries to become more Connected 3D.



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Technology brings many benefits to our lives. But excessive screen time can create a flat, one-dimensional existence. We were made for the rich, three-dimensional experience of relationship with God and one another. So, while technology is great for some types of communication, it is no substitute for real-world, face-to-face connection.

Do you control your devices or are they starting to control you? How about your family? In a culture where everyone seems more “connected” than ever, how do we nurture real connection with the most important people in our lives?

Replace negative technology habits with healthy patterns by connecting 3D:

- **Disconnect to Connect:** Choose specific times and locations to consistently disconnect from devices in order to connect with God, family, and friends.
- **Deepen Internal Values:** Model and coach your family toward God-honoring technology habits.
- **Develop External Boundaries:** Find and set the right safety and accountability strategy for yourself and everyone in your home.



1 disconnect

disconnect to connect

The goal is not just less screen time, but more real connection. Start two simple strategies to shift the balance in your family life.

TECH-FREE ZONES

Choose several “tech-free zones” where the family agrees to put away devices in order to enhance real-life connection. Select from the following zones or come up with your own. Consider placing a basket in each location for everyone to drop their devices as they enter.

1. **Mealtime:** Include the table at your home and in restaurants so that every mealtime can foster face-to-face conversation.
2. **Drive Time:** Rather than everyone retreating into his or her device, use the time driving together to connect, pray for the day ahead or hear about everyone’s high and low point during the day. (Some exceptions may apply, such as limited use during long distance travel, etc.)
3. **Date Time:** Give your undivided attention to your spouse during dates. It is ok if you need to check your phone to be sure the sitter is not trying to reach you, but then go right back to enjoying time together.

REAL CONNECTION IDEAS

While reducing tech time, increase the time you spend together as a couple, a family, or with friends. Choose from the following ideas or come up with your own for making memories and conversation.

- Play a board game together
- Cook a meal together
- Play a sport together
- Go for a walk or bike ride together
- Read a book aloud to the children as they turn pages
- Do a service project together

deepen internal values

You can set great external boundaries for your family, but what happens when there is a way around those boundaries or they are not in place at a friend's house? It is just as important, if not more, to set internal values that act as a compass to guide you and your family when navigating technology decisions. Internal values set the foundation and provide context for discussing external boundaries.

Lead this process in the following three ways:

- 1. Model It:** The old saying “more is caught than taught” applies here. Start by evaluating your own technology choices. Let your family see you living out healthy habits rooted in Christian virtue. When you mess up as we all do, be authentic by admitting your mistakes and using them to prompt conversation about values.
- 2. Discuss It:** Use everyday situations to discuss your beliefs and values with your family. For example, if you are searching YouTube together and inappropriate content pops up, stop and talk about why we should protect our eyes and minds. On the positive side, share an encouraging text or post that you have seen to prompt a conversation about using technology in a God-honoring manner.
- 3. Read It:** Read key scriptures together as a foundation for setting internal values and helping children see that it is not just because mom or dad say so. It is in pursuit of God's best for us.

For example:

Guard Your Mind- Philippians 4:8

Setting Time Limits- 1 Corinthians 6:12

Inappropriate Content- Psalm 101:3-4

Posting About/To Others- Ephesians 4:15, 29

develop external boundaries

We can do a lot to protect ourselves, as well as family and friends, from the many temptations and pitfalls associated with technology. Parents have the greatest level of responsibility to set guardrails for their children that will help support and protect them as they use these powerful but potentially dangerous devices. Here are several simple steps to help protect you and your family:

- 1. Learn the Device:** Get to know the good and the bad about your devices before activating them. Learn to set restrictions by taking advantage of built-in safeguards.
- 2. Set Rules:** Discuss and sign the “Connected Family Contract” to help each other remain accountable and committed.
- 3. Find Help:** Research and invest in safety, accountability programs, and resources such as the following:

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screen-free fun ideas

BEST USE

As a list of easy and constructive ways to connect and have a great time together.

VALUE

Technology can distract us from connecting with the people right in front of us. Put down those devices and have some real fun with your family and friends. Check out the following list on the back of this card for fun screen-free activities.





that would be fun

Choose from these activities that your family might enjoy doing together for real connection. Let the screen-free fun begin!

- ☐ Read a book
- ☐ Play a game
- ☐ Cook together
- ☐ Ride bikes
- ☐ Do a puzzle
- ☐ Blow bubbles
- ☐ Paint a picture
- ☐ Plant a garden
- ☐ Go bowling
- ☐ Go camping
- ☐ Visit the zoo
- ☐ Play sports
- ☐ Go to a sporting event
- ☐ Go swimming
- ☐ Build a fort
- ☐ Fly a kite
- ☐ Write a letter to family or a friend far away
- ☐ Make instruments and have a parade
- ☐ Make puppets and have a puppet show
- ☐ Visit a museum
- ☐ Have an ice cream sundae party
- ☐ Create art with sidewalk chalk
- ☐ Make up stories
- ☐ Do a craft
- ☐ Bake cookies and take to a neighbor or friend
- ☐ Learn a new Bible verse
- ☐ Dress up in costumes
- ☐ Redecorate something in your home
- ☐ Volunteer to serve together
- ☐ Have a tea party
- ☐ Make something with play-doh

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Don't stop now! Come up with your own connection ideas and see what great fun you can have together.