

Critical Technology Boundaries for Children and Teens

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www.TheHomeScholar.com

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“Helping parents homeschool high school”

Introduction

Todd Wilson, Familyman Ministries

Author of “[Taming the Techno-Beast, Helping You Understand and Navigate Your Child's Electronic World](#)” book and workbook set. Read more at familymanweb.com

Lee Binz, The HomeScholar

Author of “[College Admission and Scholarships](#).” Lee's mission is helping parents homeschool through high school. Learn about the [Gold Care Club](#) here.

Kim McDaniel

Co-Author of [Video Games & Your Kids: How Parents Stay in Control](#)

ReStart Center for Digital Sustainability [800-682-6984](tel:800-682-6984), or www.netaddictionrecovery.com

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TechnoLogic: Setting Logical Boundaries on Technology

Surge in Digital Dementia

<http://www.telegraph.co.uk/news/worldnews/asia/southkorea/10138403/Surge-in-digital-dementia.html>

Technology problems may be the tobacco industry of our times

<http://www.foxnews.com/health/2013/08/19/studies-show-facebook-may-be-true-significant-public-health-threat/>

Toddlers becoming addicted to iPads

<http://www.telegraph.co.uk/technology/10008707/Toddlers-becoming-so-addicted-to-iPads-they-require-therapy.html>

Reasons for Setting Technology Boundaries

Personal Safety

5 Things You Should Never Post on Facebook

<http://netsecurity.about.com/od/newsandeditorial1/a/Facebook-Security-5-Things-You-Should-Never-Post-On-Facebook.htm>

Google Maps Has Been Tracking Your Every Move, And There's A Website To Prove It

<http://junkee.com/google-maps-has-been-tracking-your-every-move-and-theres-a-website-to-prove-it/39639>

Police stress social media safety after mom finds man in daughter's closet

<http://www.wistv.com/story/26311727/police-stress-social-media-safety-after-mom-finds-man-in-daughters-closet>

Cyber-bullying

StopBullying.gov <http://www.stopbullying.gov/cyberbullying/what-is-it/index.html>

Chicago-Area Students Face Child Porn Charges

<http://stlouis.cbslocal.com/2014/05/02/chicago-area-students-face-child-porn-charges/>

Pornography

"The day my 10-year-old son found hardcore porn on his iPhone"

<http://www.lifesitenews.com/opinion/the-day-my-kid-found-hardcore-porn-on-his-iphone>

"So How Do We Talk About This? When Children See Internet Pornography"

<http://www.nytimes.com/2012/05/10/garden/when-children-see-internet-pornography.html>

Sleep Disorders

Power Down for Better Sleep

<http://www.webmd.com/sleep-disorders/features/power-down-better-sleep>

Situational Awareness

"So this guy walks into a bear" <https://www.youtube.com/watch?v=oTEy-bWaamY>

Technology Rewires the Brain

"Shocking ways Technology rewires the brain"

http://huffingtonpost.com/2013/10/30/shocking-ways-internet-rewires-brain_n_4136942.html

"Facebook Makes Us Sadder And Less Satisfied"

<http://www.npr.org/blogs/alltechconsidered/2013/08/19/213568763/researchers-facebook-makes-us-sadder-and-less-satisfied>

Limits Normal Growth and Development

How Technology is Changing the Way Children Think and Focus

<http://www.psychologytoday.com/blog/the-power-prime/201212/how-technology-is-changing-the-way-children-think-and-focus>

"The Web Shatters Focus, Rewires Brains"

http://www.wired.com/2010/05/ff_nicholas_carr/all/1

Violent Games Linked to Aggression

The Disturbing New Trend In 'Grand Theft Auto' Is Virtual Rape

http://www.huffingtonpost.com/2014/08/12/grand-theft-auto-rape_n_5671400.html

Less Social Interaction

How gadgets and the internet are turning us into a nation of emotional basket cases

<http://www.dailymail.co.uk/sciencetech/article-2175674/How-gadgets-internet-turning-nation-emotional-basket-cases.html>

Fidgety Inattention Imitating ADHD

How gadgets and the internet are turning us into a nation of emotional basket cases

<http://www.dailymail.co.uk/sciencetech/article-2175674/How-gadgets-internet-turning-nation-emotional-basket-cases.html>

Mental Disorders and Stress-related Illnesses

"Face the Facts: We Are All Headed for an "iDisorder"

<http://www.psychologytoday.com/blog/rewired-the-psychology-technology/201203/face-the-facts-we-are-all-headed-idisorder>

Video Games Designed to be Addictive

Kids' Video Games: Source of Fun, Pain, and Profit

<http://blogs.kqed.org/mindshift/2013/10/kids-video-games-source-of-fun-pain-and-profit/>

Example Immersedgames.com <http://immersedgames.com/downloads/Marketing.pdf>

10 Ways to Create Wholesome Technology Boundaries

Control Location

Barrington police investigate middle school 'sexting'

http://articles.chicagotribune.com/2014-04-08/news/chi-sexting-barrington-middle-school-20140407_1_barrington-police-middle-school-students

Control Time

Technology Use Guidelines for Children and Youth

<http://www.huffingtonpost.com/cris-rowan/10-reasons-why-handheld-devices-should-be->

[banned b 4899218.html](#)

Technology Use Guidelines for Children and Youth

Developmental Age	How Much?	Non-violent TV	Handheld devices	Non-violent video games	Violent video games	Online violent video games and or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day	✓	never	never	never	never
6-12 years	2 hours/day	✓	never	never	never	never
13-18 years	2 hours/day	✓	✓	limit to 30 minutes/day		never

Please contact Cris Rowan at info@zonein.ca for additional information. ©
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Book Recommendations:

"[Virtual Child: The terrifying truth about what technology is doing to children](#)" by Ms. Cris A. Rowan

[Hooked on Games: The Lure and Cost of Video Game and Internet Addiction](#) by Andrew P Doan, Brooke Strickland, Douglas Gentile

[Video Games & Your Kids: How Parents Stay in Control](#) by Hilarie Cash, Kim McDaniel, Ken Lucas

reSTART Internet Addiction Recovery Program www.netaddictionrecovery.com

Control Content: Purchase an internet filter recommended by Kim McDaniel

Net Nanny <http://www.netnanny.com/>

McAfee Family Protection <http://promos.mcafee.com/>

Other internet filters available

Covenant Eyes <http://covenanteyes.com/>

<http://www.webwatchernow.com/>

<http://www.cyberpatrol.com/>

<http://www.internetsafety.com/>

Check Browser History Youtube: https://www.youtube.com/watch?v=9K7B_MZBL24

Common Sense Media: <http://www.common sense media.org>

Teach Safety

Common Sense Media: Internet Safety Tips for High School Kids

<https://www.common sense media.org/blog/internet-safety-tips-for-high-school-kids>

Exchange Activities

Model Behavior

Parenting while distracted: from a pediatrician

<http://www.sbs.com.au/news/article/2014/08/11/comment-parenting-while-distracted>

Have a Family Meeting

Teach Discernment

Establish Expectations

Create Balance

10 Reasons Why Handheld Devices Should Be Banned for Children Under the Age of 12

http://www.huffingtonpost.com/cris-rowan/10-reasons-why-handheld-devices-should-be-banned_b_4899218.html

End of Part One

Read More: TechnoLogic: Setting Logical Boundaries on Technology with Your Teen

<http://www.thehomescholar.com/technologic-setting-boundaries-on-technology.php>