



# SACRED HEART ACADEMY

*Sacred Heart Academy is a Parish Apostolate of Sacred Heart of Jesus dedicated to assisting families, forming Catholics, and cultivating culture.*

## Refining our Use of Technology

Assert Basic Control	Reduce Compulsion
<ul style="list-style-type: none"> <li>● Turn off haptic feedback and most notifications.</li> <li>● Enforce basic “no phone” times:               <ul style="list-style-type: none"> <li>○ During meals</li> <li>○ Before breakfast</li> <li>○ In bed</li> </ul> </li> <li>● Total up your monthly and annual tech spending:               <ul style="list-style-type: none"> <li>○ Switch to a dataless phone plan (Republic Wireless)</li> <li>○ Cancel your cable and switch ISPs to reduce your internet bill.</li> </ul> </li> <li>● Install parental controls for your ISP or router, then acknowledge that they do not solve any problems.</li> <li>● Begin conversations with your children on what to do <i>when</i> they are bullied online or stumble upon images that make them uncomfortable.</li> <li>● Seek out professional assistance if any member of your family is compulsive in their use of the internet, video games, or pornography.</li> </ul>	<ul style="list-style-type: none"> <li>● Carry a notebook.               <ul style="list-style-type: none"> <li>○ Write down ideas and interests.</li> <li>○ List “things to Google” when you are sitting down at a computer.</li> </ul> </li> <li>● Reduce dependency on subordinate phone functions:               <ul style="list-style-type: none"> <li>○ Buy a watch.</li> <li>○ Use an alarm clock.</li> <li>○ Open a window or take a walk rather than checking weather report.</li> </ul> </li> <li>● Take the <a href="#">Bored and Brilliant 6-Day Challenge</a>.</li> <li>● Use the <a href="#">Moment or Moment Family app</a> to track usage</li> <li>● Place a shelf and charger by the door and leave your phone there when you get home.</li> <li>● After determining which app consumes the greatest amount of your time or bandwidth, delete it on a trial basis for a week and see how you respond.</li> <li>● Set times or limits for checking email or Facebook.</li> </ul>
Create Margins	Become an Active User
<ul style="list-style-type: none"> <li>● Tolerate not remembering a name “just on the tip of your tongue” and refuse to Google it.</li> <li>● Enforce a silent commute.</li> <li>● Refuse to accept background noise such as:               <ul style="list-style-type: none"> <li>○ TV on when no one is watching it</li> <li>○ Radio that turns on with the car</li> <li>○ Audiobooks, podcasts, etc. to fill downtime</li> </ul> </li> <li>● Accept boredom as it is offered:               <ul style="list-style-type: none"> <li>○ Riding in the car</li> <li>○ Waiting in line</li> <li>○ Page loading (Don’t open another tab)</li> </ul> </li> <li>● Read a physical book.</li> <li>● Set up weekend, vacation, or even “after hours” autoresponders on your email.</li> </ul>	<ul style="list-style-type: none"> <li>● Do an “App Audit” and reduce your apps to a single page without folders.</li> <li>● Set times during which you will use the internet and plan how you will spend that time.</li> <li>● Refuse an upgrade based on your knowledge of how you use the tool that is your phone.</li> <li>● Identify and cut out “surfing” - any time spent trying to find a distraction.</li> <li>● Make lists of movies, books, and music that you believe is worth your time. Regularly refine and reprioritize these lists.</li> <li>● Before any new acquisition of a device, app, or account justify your choice through cost-benefit analysis.</li> </ul>

## Living in the Digital Revolution: Questions for Reflection

1. What three specific aspects of my relationship with technology do I need to submit to a cost-benefit analysis?
2. Are there any specific, measurable goals related to my use of technology that I have thought about but been hesitant to verbalize or set in writing? Is any one of them particularly convicting? If so, what reasons do I still have for inaction?
3. Have I begun open-ended, age-appropriate conversations with my children about difficulties and dangers associated with the technology I permit them to use? Are there any ways in which I can better model reflective and active employment of technology?
4. Do I have any virtues which are encouraged or empowered by technology? Do I have any shortcomings which appear more frequently or intensely on account my use of technology?
5. What opportunities does my life present for pauses of silence, prayer, or simple boredom? Do I take advantage of these moments or do I fill them? Do I tend to fill them by activity (busyness) or passivity (distraction)?

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*Our world no longer hears God because it is constantly speaking, at a devastating speed and volume, in order to say nothing. Modern civilization does not know how to be quiet. It holds forth in an unending monologue...In this hell of noise, man disintegrates and is lost; he is broken up into countless worries, fantasies, and fears. In order to get out of these depressing tunnels, he desperately awaits noise so that it will bring him a few consolations. Noise is a deceptive, addictive, and false tranquilizer. The tragedy of our world is never better summed up than in the fury of senseless noise that stubbornly hates silence.*