



TAKING CHARGE OF TECHNOLOGY

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

"I, the Lord, have a great work for thee to do" (Doctrine and Covenants 112:6).

PLAN—*When I plan ahead, I feel better and make better choices.*

"This life is the time for men to prepare to meet God" (Alma 34:32).

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

"Be still and know that I am God" (Doctrine and Covenants 101:16).



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.

QUESTIONS TO THINK ABOUT

- Why am I using technology right now?
- Do I feel good about what I'm doing?
- How long will I be using technology?
- What is my plan for using technology?
- What sign am I showing God with how I use my time?
- Am I avoiding content I know is not right or purposeful?
- Am I feeling the Spirit leave?

PRACTICAL SUGGESTIONS

- Send a positive message to someone else.
- Listen to music that helps you feel peace.
- Create your own content.
- Intentionally use technology to learn.
- Give myself a daily limit for screen time.
- Only "follow" and contact close family and friends.
- Have device-free areas at home.
- Set up a family charging station.
- Use a filter.
- Put the device down and step away.
- Pray for strength.
- Talk to someone.

