

# FAMILY TECHNOLOGY DETOX CHALLENGE

PARENT ONE PAGE

## IS YOUR FAMILY BURNT OUT ON TECHNOLOGY?

### TAKE THE 7 DAY DETOX CHALLENGE

Taking an honest evaluation of the place technology and devices have in your life and your family's life can be difficult. Learning to create healthy boundaries and rhythms with devices and technology can help your family find greater freedom mentally, physically, emotionally, and spiritually. Make the Technology Detox Commitment to get started.

### OVER THE NEXT 7 DAYS, I COMMIT TO DETOX FROM TECHNOLOGY IN THE FOLLOWING WAYS:

- No technology use (phones, computers, tablets, TV, etc.) except at work for work-related tasks.
- Powering off and locking up my mobile phone while at home.
- I will use my smartphone only as a telephone.
- Communicating to these people about my detox to eliminate concern or obligation to break my commitments.  
\_\_\_\_\_
- Removing my phone from the bedroom at night.
- Turning off all tablets in my home.
- Other. (Write your detox plan below.)  
\_\_\_\_\_  
\_\_\_\_\_

### AREAS OF TECHNOLOGY I WILL INCLUDE IN MY DETOX:

- |                                    |                             |
|------------------------------------|-----------------------------|
| <input type="radio"/> Social media | <input type="radio"/> TV    |
| <input type="radio"/> Video games  | <input type="radio"/> _____ |
| <input type="radio"/> Computer     | <input type="radio"/> _____ |
| <input type="radio"/> Phones       | <input type="radio"/> _____ |
| <input type="radio"/> Tablet       | <input type="radio"/> _____ |

### APPS I WILL CONTINUE TO USE DURING MY DETOX:

(Limit these apps to essential work or family apps like *child's school app*, *maps*, *calculator*.)

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\_\_\_\_\_

# FAMILY TECHNOLOGY DETOX CHALLENGE

During your technology detox, fill your time and living space with activities that lead to connection with God and others in your family.

Below is a list of activities that you might enjoy. Adjust these below or come up with your own ideas to be intentional with the time!

- Spend the open time in God's Word.
- Read a book.
- Read aloud with your family.
- Play a game with a friend, neighbor, or family member.
- Watch a live sporting event.
- Build a fort with your kids.
- Do a service project with your family, friends, or Small Group.
- Write a letter to family or a friend who lives out of town.
- Invite a neighbor or co-worker over for dinner or dessert.
- Host an ice cream sundae party for neighbors.
- Create art with sidewalk chalk.
- Make up stories with your kids.
- Meet/spend time with neighbors.
- Begin a list of individual, marriage, or family values.
- Bake cookies to take to a neighbor or friend.
- Learn and memorize a new Bible verse.
- Redecorate something in your home.
- Start and keep a puzzle out in your living area.
- Start healthy habits by taking a walk or jog or enjoying a bike ride.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_