

According to one study, the average American watches more than two months of nonstop TV per year.¹ That means the average person spends *ten years* of a 65-year life watching television! In contrast, the average parent devotes just 3½ minutes per week to engaging their children in meaningful conversations. That means that parents dedicate, on average, only about 60 hours to significant dialogue in the first 20 years of their child's life. Children must compete with their parents' screens for their parents' attention.

And parents compete with their children's screens for their attention. Eight-to-eighteen-year-olds spend more time with media than in any other activity (an average of 7 ½ hours a day, seven days a week). Moreover, young people today have grown up with a nearly pervasive exposure to the LGBTQ narrative through the powerful force of social media. Almost 1 in 5 adult members of Generation Z (those born between 1997 and 2004) identify as LGBTQ+ (19.7%; 13 of that 19% claim to be bisexual). The confusion spreads disproportionately among the young, *almost like a virus*, because our youth have more frequent exposure to and contact with LGBTQ+ ideology and advocates.² John McArthur said, *"You can pollute yourself faster and more extensively than ever."*

Parents need help thinking through the place of technology in family life and teaching children the previously assumed basics about gender. *Ask: How do you feel about parenting in the digital age and during the gender revolution?* Most parents feel helpless. They feel out of control and completely overmatched—like it's impossible to prevent overexposure and protect

¹ <https://www.csun.edu/science/health/docs/tv&health.html>

² They have greater susceptibility to the mores of their peers, and peer pressure. They are generally rebellious by nature and developmentally experimental, having had poor mentors, dwindling common grace, being highly materially gifted, and by the influence of an unprecedented age of information and media.

their children from the digital deluge. The good news is that it is possible to bring our families' technology use and body image under the Lordship of Christ. My purpose in this study is to help us consider our adoption, consumption, and use of technology and uphold the Biblical and beautiful portrait of gender for our children.

1st. **Children and Tech.**

First, exercise dominion over the technology you use. God said in Genesis 1:26, "*Let us make man in our image, after our likeness. And let them have dominion...28 Be fruitful and multiply and fill the earth and subdue it...*" Technology is a gift from God but is subjected to the curse. Technology "*in itself*" is not good or evil, but the human application of technology is always good or evil. Image-bearers use technology in morally charged ways to honor or dishonor God and love or hate our neighbor.

Technology changes our attitudes and thinking when we use it. So, we must evaluate it, employ it wisely, and ensure we have the right motives and goals. "*Do not conform to the pattern of this world, but be transformed by the renewing of your mind*" (Rom. 12:2). Nicholas Carr, in *The Shallows: What the Internet is Doing to Our Brains*, demonstrates that our brains are like plastic, and what put in them shapes them. Technology shapes your brain. **If our brains are plastic, How about our children's?! Carve channels in their minds with God's Word day and night. Teach them to meditate on it. Educate them about pornography before the internet does. Teach them about the effects of misusing technology. Ask: do your children own their technology, or does their technology own them? To exercise dominion:**

- 1. It is generally wise for parents to have total access to their children's technology.**

2. It is wise to buy and attentively use **filtering devices** and accountability software.

Consider these practical's to protect your children:

- 1) Read "Good Pictures, Bad pictures" (not explicitly Christian) and talk with your children; But introduce with Scriptures
- 2) [set up a DNS filter](#) to protect family's Wi-Fi from explicit material.
- 3) Set Parental controls on all devices.
- 4) Remove the Internet browser from Smart TV and gaming system.
- 5) Install monitoring and filtering software on all devices (Bark and Covenant Eyes).
- 6) Use Clear Play for movies.
- 7) Require passwords for all our children to download apps on their devices.

3. Limit their time in front of the screen.

4. Modern technology disciplines us to demand everything right away. So, teach your kids resilience and perseverance by engaging in physical play with them.³

5. Teach your children how to find sources of true wisdom. This teaching may mean simply shutting off the tech and handing them physical books, sometimes even ancient ones.

If your technology does not meet your demands, using it is likely unwise and unproductive. In such a case, the technology is definitively using you.

Second, be physically present and converse with your kids. A lack of physical presence can often mean a deprivation of love. We should not discharge the power of our influence to the phone or the tablet.

These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates” (Deut. 6:6-9).

³ <https://childandfamilyblog.com/play-deprivation-early-child-development/>

1. Have them use their devices in family spaces, not alone in their rooms, self-isolating from the rest of the family.
2. That also means *you* need to put your phones down, Dads and moms. You must be present with your family and gather your family together.
3. Make meals and car time opportunities to have meaningful talks with young people.

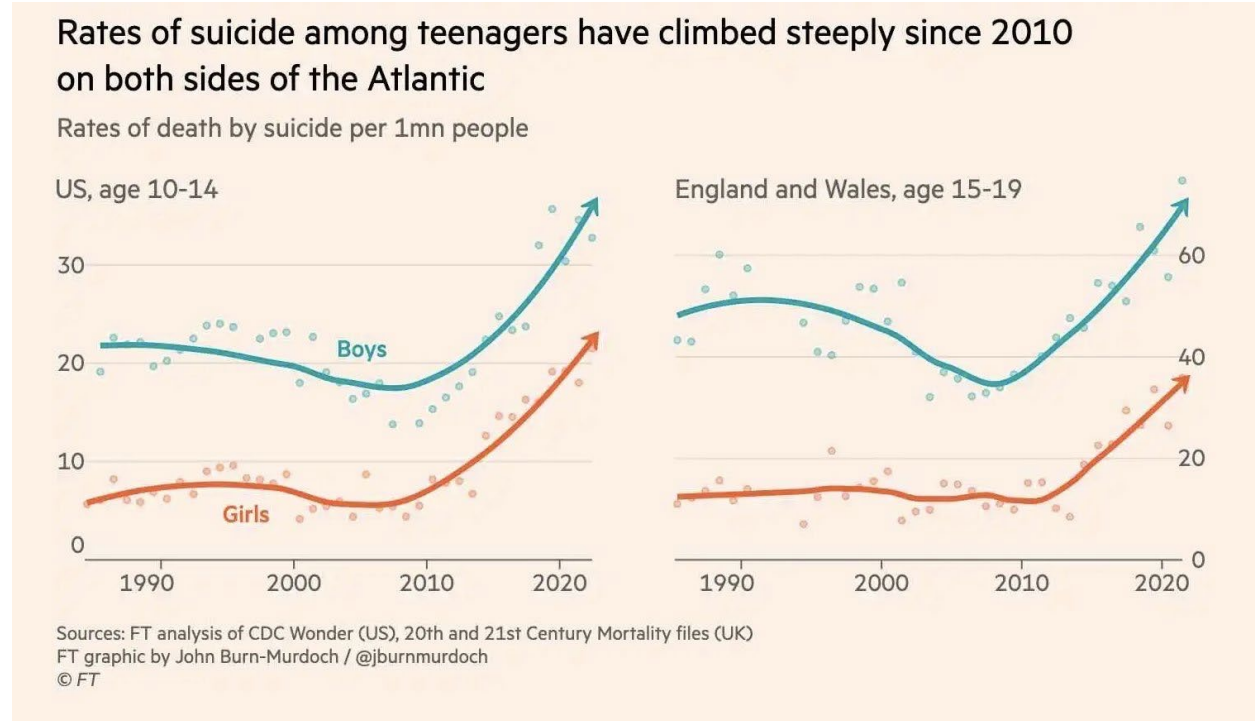
You can send the emails later; the article will still be online, and fewer people care about the minute details of your life from your social media posts than you think.

Third, proactively teach and expose in controlled environments (Eph 6:4).

1. Talk to them about pornography and sexploitation
2. Teach them about clickbait, scrolling, and advertisements
3. Warn them about chatrooms
4. Talk to them about how our brains work

Fourth, delay giving children smartphones and social media accounts until later in their teenage years. *“Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil”* (Eph. 5:15-16). Rates of juvenile depression, anxiety, and suicide have climbed steadily since 2010, especially in the case of girls, about the time when social media and smartphones began to be ubiquitous; social media is also a

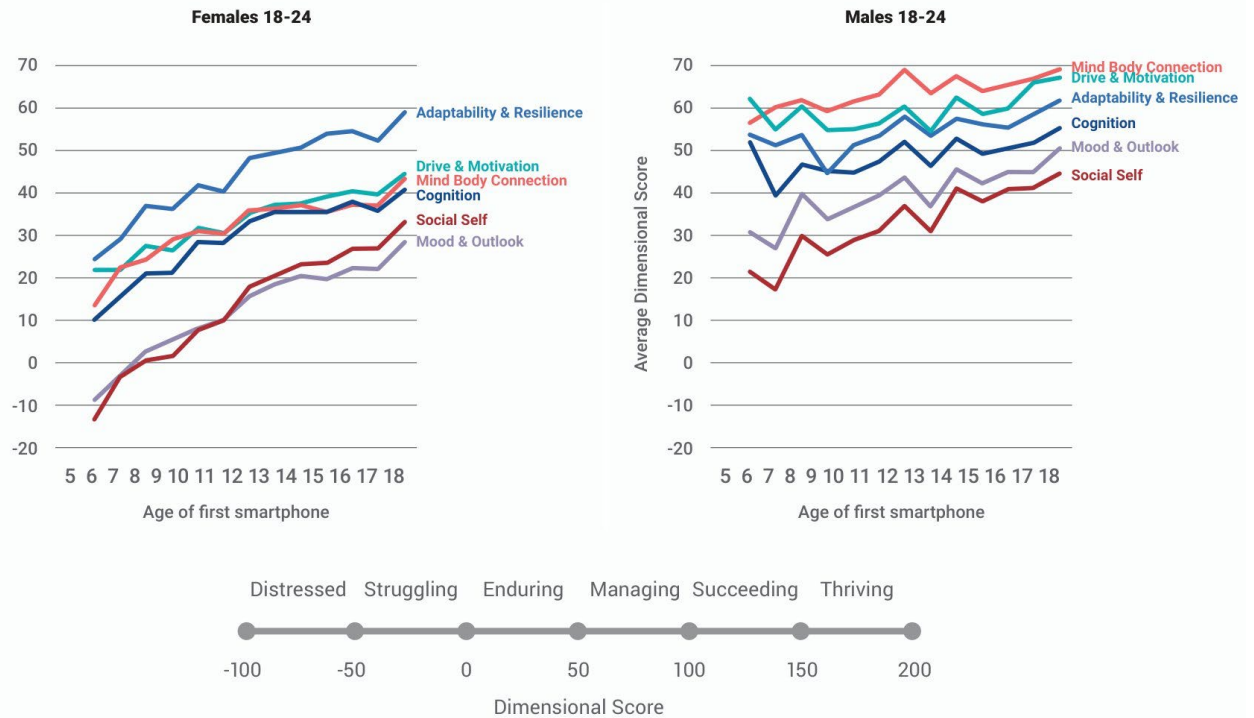
common denominator in the spread of transgender ideology).⁴



⁴ <https://jonathanhaidt.substack.com/p/why-some-researchers-think-im-wrong>

Figure 2: Multiple dimensions of mental wellbeing improve with older age of first smartphone

Scores for multiple dimensions of mental wellbeing significantly increased with older age of first smartphone. For females and males Social Self followed by Mood & Outlook showed the steepest effects. Adaptability & Resilience was also similarly steep for females but much weaker for males.



Of the six dimensions, the Social Self, an aggregate measure of how we see ourselves and relate to others, showed the most significant and steepest improvement with older age of smartphone acquisition.

Technology can enable us to do great things. But sometimes, to think about “*whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable...*” (Phil 4:8) requires us to stop staring into the ghostly blue light of our screens.

2nd. Children and Gender.

God created only two genders. Genesis 1:27, “*So God created man in his own image, in the image of God he created him; male and female he created them.*” The image of God is the

first description of human nature. The second is gender! Therefore, the binary genders are fundamental to human nature and human nobility! God created males and females equally in his image and displays his image differently through men and women.

Men and women are equal in dignity and value but distinct in design and role. Their distinctive design makes them perfectly compatible with one another. Their differences enable men and women to complement and complete one another beautifully. Nature provides manifold witnesses that these distinctions are created by God and not constructed by society.

- 1. Parents must rightly define masculinity and femininity (Where Identity comes from: it is conferred by God, not created. We are image bearers, in Christ, and/or family members).** We discourage and confuse our children when we paint the wrong picture for them. So, we must define masculinity and femininity by each gender's unique attributes and activities of love.

What is Femininity? The attributes and activities characteristic of a woman who loves others, namely the cheerful helping and tender nourishing of those near her and the creative beautifying and industrious enhancing of everything in her stewardship. Femininity embraces the cheerful helping and tender nourishing of others and the industrious enhancing of everything in her stewardship.

What is Masculinity? The attributes and activities characteristic of a man who loves others, namely servant leadership, wise instruction, the material, emotional, and spiritual provision for and protection of the people near him, and the diligent ordering and executing of

the tasks before him. We characterize masculinity as a servant leader who provides for and protects others while pursuing productive work.

2. **Fathers, you have a unique role** in shaping the masculinity and femininity of your **children** (Eph. 6:4).

One author writes, "The most effective fathers are husbands who aim to love their wives **biblically**." The husband-wife relationship is a picture of the love relationship between Christ and the church, and a husband's love for his wife paints a portrait of the gospel for his children. **Dad, are you embodying this type of self-sacrificial masculinity?**

3. **Talk to them about how God only made two genders and each person fully possesses the attributes of one or the others.** They are fearfully and wonderfully made, and their body is a beautiful gift from God with meaning and purpose. They will never have another one, so it matters what they do with and to the bodies God has given them.
4. **Teach them that gender exists only in combination with biological sex.** Genesis 2:24-25. God says, "*Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.*" The Bible presents 'male' and 'female' and their commission to procreate in Genesis 1 and 'man' and 'woman' and the method of that procreation in Genesis 2. The Bible explicitly asserts that one's biological sex determines, defines, and discloses one's gender.
5. **Talk to them about sin and temptation:** Sin asserts our independence from God to decide to define and determine the terms of our existence. People turn to idols when

they have unmet desires. Help them understand not just the act of sin but the nature of sin.

6. **Ask your child if they have ever wondered about their gender** (age-appropriate), **and talk with them about the best way to interact with people who do** (role-play).
7. **Teach them that just because they are friends with someone, they don't have to agree with them:** Paul tells the Corinthian church that love “*does not rejoice at wrongdoing, but rejoices with the truth*” (1 Cor. 13:6). This means that the act of truth-telling about gender from the perspective of the Bible is an act of love. However, do not tolerate bullying of any kind.
8. **Pray with your child for the repentance of any LGBTQ+ person they know.**

Conclusion.