

♥ TECHNOLOGY & YOU ♥

INTRODUCTION

- Does the use of various technologies and media invite or impede the constant companionship of the holy ghost?
- Does the use of various technologies and media enlarge or restrict your capacity to live, to love, and to serve in a meaningful way?

"To be encircled about eternally in the arms of His love, will be a real, and not a virtual experience." - David A. Bednar

ADDICTION, TIME WASTING, + COMPARISON

- Addictions, comparisons, and time wasting can destroy our ability to think clearly, our ability to do good, our ability to help others, and our ability to see our own gifts and talents.
- Is technology your servant or your master?

"I raise an apostolic voice of warning about the potentially stifling, suffocating, suppressing, and constraining impact of some kinds of cyberspace interactions and experiences upon our souls." -David A. Bednar

POSITIVES + SHARING GOODNESS

- Despite the negative aspects, technology and social media can be used for so much good.
- How do you feel when you see positive posts on social media?
- What are ways that you are using social media to uplift? What are ways you have seen others use social media to uplift and edify?

"The Lord is hastening His works. We can all personally and positively impact large numbers of individuals and families. Let's use media intentionally. We can edify millions." - David A. Bednar

RISKS, BULLYING, + PRIVACY

Do "Smart" things with your smartphone. Exercise good judgment when posting to a social media site. Be kind to others. There is no "delete" button on the Internet. Images and posts can remain for many years and can be detrimental when you are seeking employment or admission to college, as well as other occasions in which your public Internet record may be reviewed.

"Ensure that your communications align with your commitment to take upon yourself the name of the Savior." Lds.org / Social Media Help

ANXIETY, LONELINESS, + DEPRESSION

- So much of what we see online isn't real or accurate.
- Social media is no substitute for real, human interaction, which we all need.

"We live in a world that feeds on comparisons, labeling, and criticism. Instead of seeing through the lens of social media, we need to look inward for the godly attributes to which we each lay claim. These godly qualities and longings cannot be posted on Pinterest or Instagram." - W. Craig Zwick

GOING FORWARD + SETTING GOALS

Have the courage to make meaningful & realistic media goals. Think about how you can act rather than being acted upon. Setting goals for yourself can help you stay true to yourself, have peace of mind, and make the things you use, watch, post, and accept more uplifting and joyful.

"As we consider various choices, we should remember that it is not enough that something is good. Other choices are better, and still others are best." -Dallin H. Oaks