

## Summary of Reclaiming Our Attention - How to be intentional in an era of social media distractions

Mental Health	Physical Health
<p><b>REFLECT:</b>            Why do I use social media?            What emotions am I feeling when I get on? How do I feel when I get off?            Whose input do I value the most?            Where does my self-worth come from?            Are my posts honest and real, or am I presenting a façade?</p> <p><b>REDRAW:</b> Phone inventory            Unfollow accounts/people            Eliminate auto login for apps, hide them or delete            Who can reach me?                Set notifications from people, not platforms            How can my phone help me set boundaries?                Use focus mode                Go gray(scale)</p> <p><b>REPLACE:</b>            Serve, don't compare</p>	<p><b>REFLECT:</b>            How much time do I spend on my phone right before bed?            What is my posture when I'm using my phone?            What other things do I enjoy doing? E.g., reading books, hiking, cooking, cleaning, knitting, photography?            Where do I get my medical information? Who do I trust and why?            How am I glorifying God with my body?</p> <p><b>REDRAW:</b> Phone-free spaces            Remove the phone from bedroom, bathroom, Temple</p> <p><b>REPLACE:</b> Celebrate your body            Get up and move!            Go outside every day            Start a new hobby, learn a new skill            Seek advice from your doctor, trusted medical sources            Show gratitude for your body</p>
Relationships	Society
<p><b>REFLECT:</b>            Does my media use invite or impede the constant companionship of the Holy Ghost in my life?            Does the time I spend on media/technology enlarge or restrict my capacity to live, to love, and to serve in meaningful ways?            Am I giving my attention to people or platforms?            Do I have rules about putting my phone away when I'm with my husband/roommate/friend/family?            Am I interrupting face-to-face conversations to check my device?</p> <p><b>REDRAW:</b> Phone ownership</p> <ul style="list-style-type: none"> <li>- Consider delaying smartphone ownership</li> <li>- Consider a cell-phone contract for kids</li> </ul> <p><b>REPLACE:</b> Phone-free time - Give the gift of attention</p> <ul style="list-style-type: none"> <li>- To our husband, friends</li> <li>- To our children, family</li> <li>- To God at church</li> <li>- To ourselves</li> </ul>	<p><b>REFLECT:</b>            Where do I get my news?            How do I feel after reading that news?            Do I only read stories or posts that confirm what I already believe?            When's the last time I sought out a different viewpoint on a current issue?            How much of my news consumption is short-form videos/clips/posts (less than 15 seconds to watch or read) versus long-form?</p> <p><b>REDRAW:</b> Consider the source</p> <ul style="list-style-type: none"> <li>- The CRAAP Test: currency, relevance, authority, accuracy, purpose</li> </ul> <p><b>REPLACE:</b></p> <ul style="list-style-type: none"> <li>- Support good journalism</li> <li>- Share good messages</li> </ul>

## Additional resources:

### Video series about navigating digital information from MediaWise, The Poynter Institute, and The Stanford History Education Group:

<https://youtube.com/playlist?list=PL8dPuuaLjXtN07XYqqWSKpPrtNDiCHTzU&si=4SUUgJYCI6hjZImm> (full course)

<https://youtu.be/M5YKW6fhIss?si=1nWEVIJ13awMTOV2> (social media class)

### Resources for parents who want to delay smartphones for kids:

<https://www.waituntil8th.org/>

<https://www.waituntil8th.org/devices>

<https://technosapiens.substack.com/p/smartphone-alternatives-for-kids>

### Parenting resources re: technology

[https://www.theatlantic.com/technology/archive/2024/03/teen-childhood-smartphone-use-mental-health-effects/677722/?utm\\_medium=cr&utm\\_source=email&utm\\_campaign=05\\_16\\_2024\\_tta\\_haidt\\_prospects\\_large\\_subject\\_line\\_20\\_20\\_60\\_a&utm\\_content=A&utm\\_term=may24\\_haidt\\_tta\\_prospects](https://www.theatlantic.com/technology/archive/2024/03/teen-childhood-smartphone-use-mental-health-effects/677722/?utm_medium=cr&utm_source=email&utm_campaign=05_16_2024_tta_haidt_prospects_large_subject_line_20_20_60_a&utm_content=A&utm_term=may24_haidt_tta_prospects)

<https://durablehuman.com/learn/take-the-durable-family-pledge/>

<https://durablehuman.com/learn/watch-the-tedx/>

<https://www.screenagersmovie.com/resources>

<https://www.dfnow.org/10-ways-to-spend-less-time-on-social-media-to-reduce-addictive-side-effects-on-teens/>

### Stories from other teens about their social media use:

<https://socialtruth.humanetech.com/>

### Another reporter's list of publications to read:

<https://www.forbes.com/sites/berlinschoolofcreativeleadership/2017/02/01/10-journalism-brands-where-you-will-find-real-facts-rather-than-alternative-facts/?sh=67e95564e9b5>

### Good sources for news:

#### Newspapers

The New York Times - [www.nytimes.com](http://www.nytimes.com)

The Christian Science Monitor -

<https://www.csmonitor.com/>

Free CSM newsletter:

[https://cloud.cssubs.com/monitornewsletters?icid=mk\\_t:web:r-top-nslr](https://cloud.cssubs.com/monitornewsletters?icid=mk_t:web:r-top-nslr)

The Guardian - <https://www.theguardian.com/us>

Associated Press (no paywall) - [www.apnews.com](http://www.apnews.com)

BBC News - <https://www.bbc.com/>

The Wall Street Journal (paywall) - [www.wsj.com](http://www.wsj.com)

#### Magazines:

The Atlantic - <https://www.theatlantic.com/>

The Assembly - <https://www.theassemblync.com/>

The Smithsonian Magazine -

<https://www.smithsonianmag.com/>

#### Radio:

NPR - <https://www.npr.org/>

PBS - <https://www.pbs.org/>

#### Good research sources:

Pew Research Center -

<https://www.pewresearch.org/>