

You have \$86,400.  
How will you spend it?



Think about how you would spend this money.

Ok, now consider that this is the number of seconds you have in each day. So, this is an actual thought about how we will spend our time and attention.

“Our limited attention budget forces us to make choices, and those choices both reveal our values and create our characters. Like every resource, **our attention can be bought, sold, or given away.** And it can be consecrated to the Kingdom of God.”

- Michael Austin, “The Sacrament of Attention”

Source: <https://www.wayfaremagazine.org/p/the-sacrament-of-attention>

# Reclaiming our Attention

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*How to be **intentional** in an era of  
social media distractions*

*Raleigh Stake Women's Conference – May 18, 2024*

*By: Sara Israelsen-Hartley*

## Our road map



Treasure map by Los Charlos on IconScout

There's a lot to cover on this topic.

START with some bad news, and then we'll get into the GOOD news, and the ways we can be more intentional with our attention.





Why should you listen to me?

As your guide, I am a journalist and have been reporting on this topic, and many others, for about 20 years. Which means I've gotten to talk with a lot of smart people who spend a lot of time thinking about cool things.

In addition to writing on this topic, I also try to practice what I preach.

## The Social Media Landscape



There are 34 media platforms with at least 100 million users.

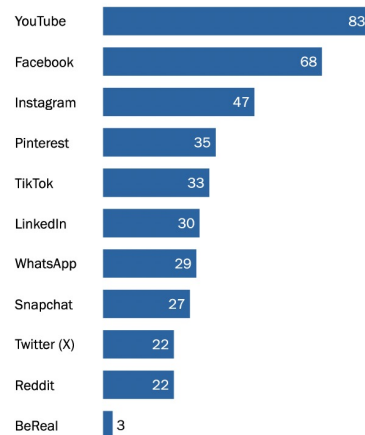
Source:

[https://en.wikipedia.org/wiki/List\\_of\\_social\\_platforms\\_with\\_at\\_least\\_100\\_million\\_active\\_users](https://en.wikipedia.org/wiki/List_of_social_platforms_with_at_least_100_million_active_users)

## Adults online

### Most U.S. adults use YouTube and Facebook; about half use Instagram

% of U.S. adults who say they *ever* use ...



Note: Respondents who did not give an answer are not shown.  
Source: Survey of U.S. adults conducted May 19-Sept. 5, 2023.  
"Americans' Social Media Use"

PEW RESEARCH CENTER

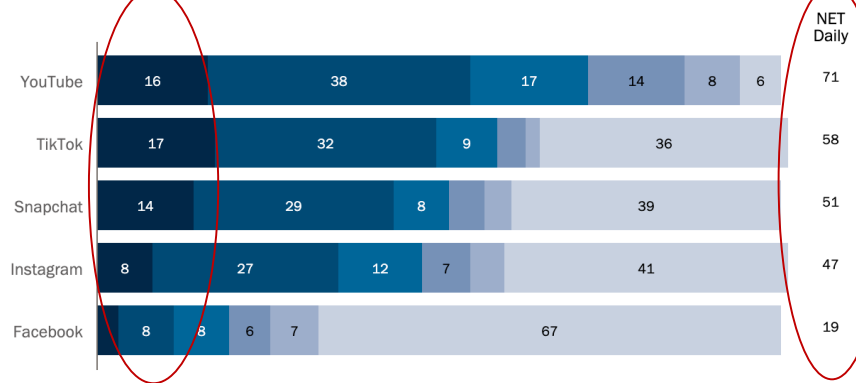
83% of adults are on YouTube, and now 33% of US adults are on TikTok.

Source: <https://www.pewresearch.org/internet/2024/01/31/americans-social-media-use/>

## Kids online

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites ...

■ Almost constantly   ■ Several times a day   ■ About once a day   ■ Several times a week   ■ Less often  
 ■ Do not use



Note: Figures may not add up to NET values due to rounding. Those who did not give an answer are not shown.  
 Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

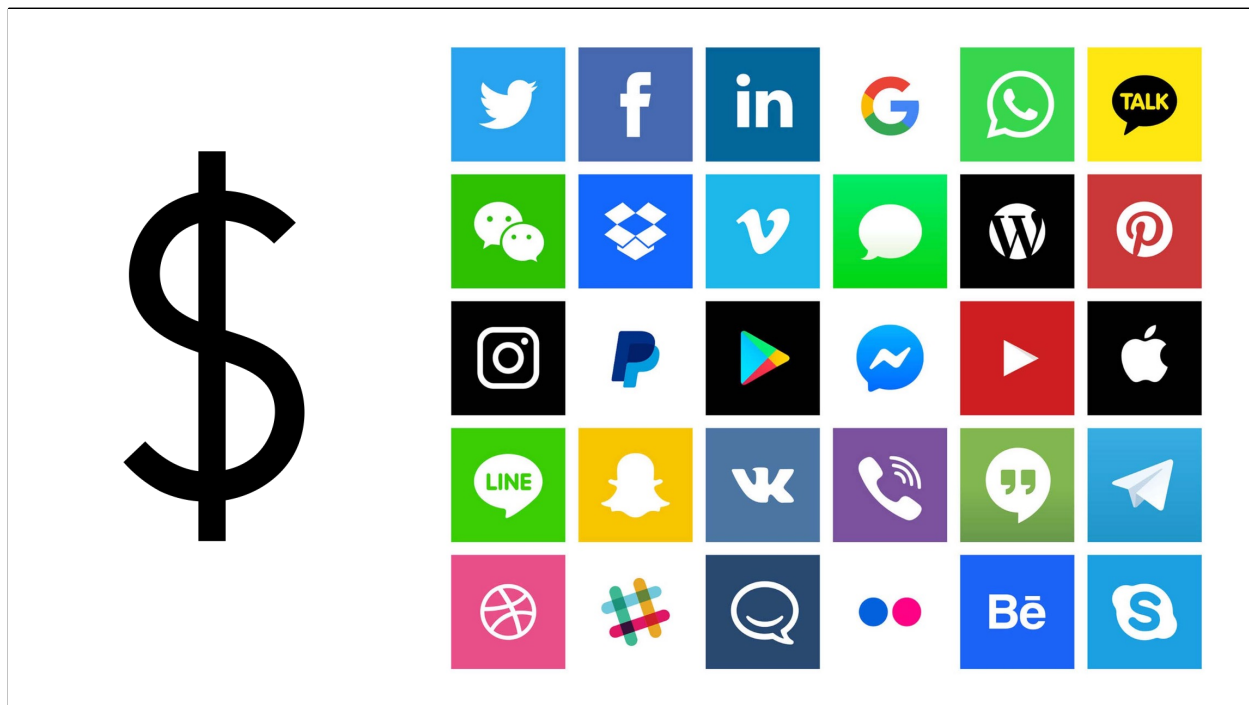
PEW RESEARCH CENTER

Source: <https://www.pewresearch.org/internet/2024/01/31/americans-social-media-use/>

“Social media companies don’t sell software, they sell influence. They collect in-depth data about how to influence your decisions, then sell that influence to the highest bidder. The more time they can get you to spend scrolling and clicking, the more data they can collect and the more ads they can sell. **The reality is, social media apps are free to us because we are the product being sold.**”

*- Center for Humane Technology*

Source: <https://www.humanetech.com/youth/the-attention-economy>



And they are making a LOT of money. In 2022, these platforms: Facebook, Instagram, Snapchat, YouTube, TikTok, and X (formerly Twitter), made nearly \$11 billion in advertising revenue from U.S.-based users younger than 18.

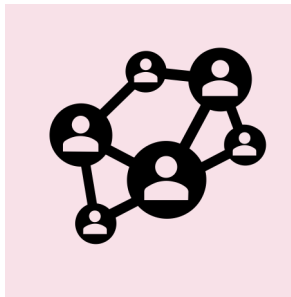
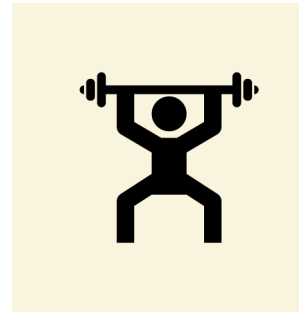
Source: <https://www.hsph.harvard.edu/news/press-releases/social-media-platforms-generate-billions-in-annual-ad-revenue-from-u-s-youth/>

Think about that for a second. It's as if our kids are in front of commercials all day, every day.

Would you ever sit your kids down just in front of commercials?

OK, they have  
our attention.

But is that a  
bad thing?



[American Badge](#) by [Prosymbols](#) on [IconScout](#)



## Our Mental Health



This is Katherine. She's a young woman I met when I reported a series about anxiety for the Deseret News. She had serious anxiety, which was made worse by the time she spent comparing herself to people on social media.

Read her story here:

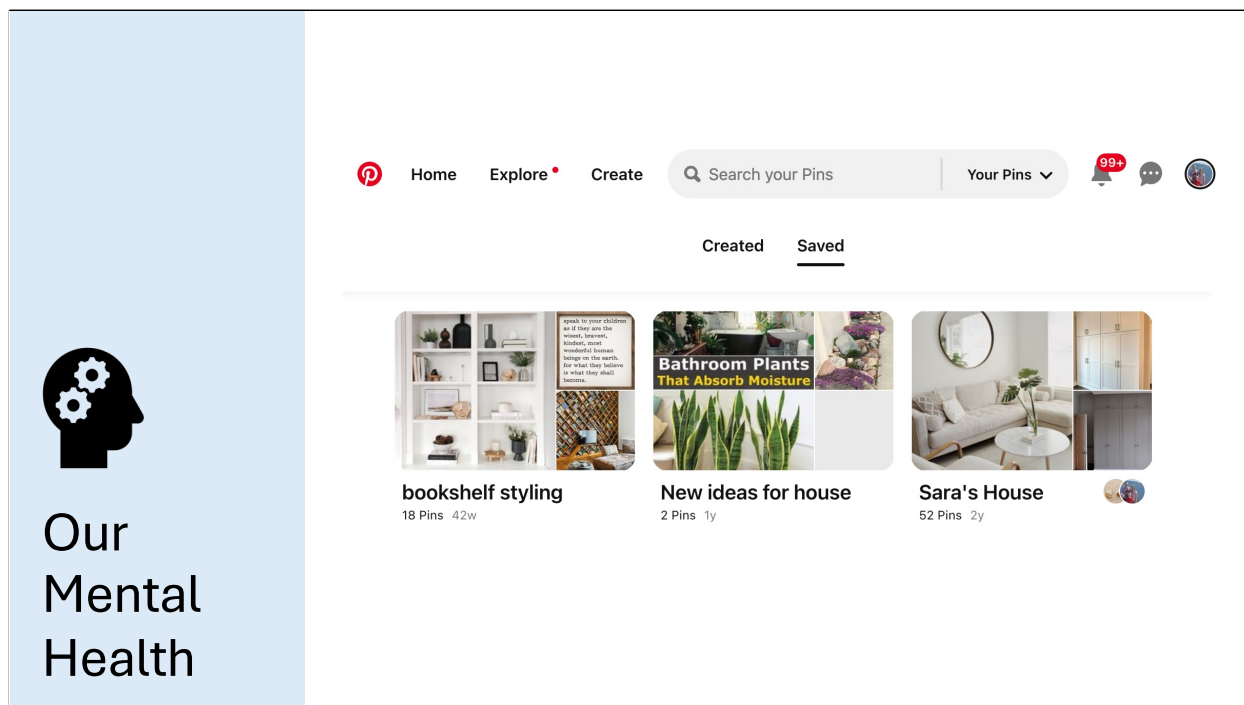
<https://www.deseret.com/2018/8/16/20651401/you-ll-never-be-good-enough-how-anxiety-lies-to-our-girls-and-what-you-can-do-about-it/>

A longitudinal cohort study of U.S. adolescents aged 12–15 (n=6,595) that adjusted for baseline mental health status found that adolescents who spent more than 3 hours per day on social media faced double the risk of experiencing poor mental health outcomes including symptoms of depression and anxiety.

Source: US Surgeon General's warning:

<https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>





This is my Pinterest board, yes, I use it. We moved here about 3 years ago, and I was preparing to decorate a new house that was a bigger than what we previously had, and I would actually get to buy new furniture for the first time! I created boards, ready to get inspired, find good ideas.

And at first it was fun. Ooh, that's pretty, I love that. But after a little while, I began to realize I was feeling angry, and judgmental of myself and my styling, or lack of styling prowess. I began to feel ungrateful for what I have, envious of what others had, and just downright unpleasant.

I spiraled pretty quickly every time I got on it. This seemingly innocent app was messing me up. So I stopped. It wasn't good for me personally. I still have those boards, but I don't go to Pinterest for ideas about my house. I ask my sister instead. Now I just use Pinterest for recipes. Because I don't end up feeling shame, guilt, envy, etc, all those things.



## Our Physical Health



Social media fuels interest in things going viral that are silly and foolish, like tide pods on a pizza,  
Sent some kids to the hospital.

But it also can fuel more dangerous trends.



## Our Physical Health

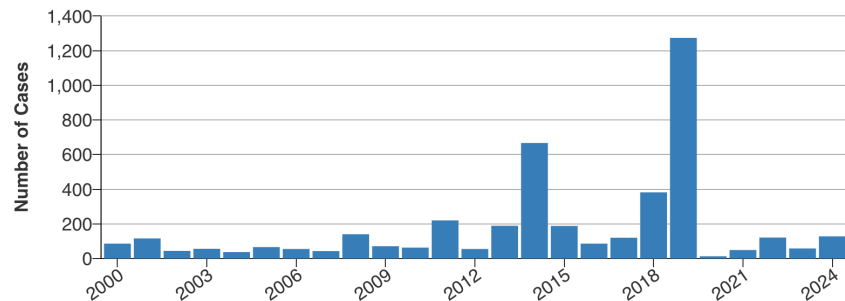
### Yearly Measles Cases

as of April 25, 2024

Make a selection from the filters to change the visualization information.

2000-2024\*

1985-2024\*



Measles were declared eradicated in 2000, however there have been recent surge in cases due to parents choosing to not vaccinate their children.

Many of those decisions are motivated and influenced by medical misinformation being spread online.

There are real effects to what we choose to believe and spend our attention on, related to health information on social media.

During COVID, tweets by a small group of approximately 800 “superspreaders” verified by Twitter accounted for approximately 35% of all reshares of misinformation on an average day,

Sources: <https://www.cdc.gov/measles/cases-outbreaks.html>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9970010/>



## Our Physical Health



Middle school students (grades 6-8) – about 6 in 10- kids didn't get enough sleep on school nights (less than 9 hours)

In High school, it's about 7 out of 10 kids who are not sleeping enough. (less than 8 hours)

Younger kids need even more. And adults → we need sleep too!!

Significant phone use happens right before bed, which can distract us, and make it harder to fall asleep.

Source: <https://www.cdc.gov/healthyschools/features/students-sleep.htm>

## Technoference



### Our Relationships



Experts use this phrase to signal that technology is interfering in our relationships, especially between parents and children.

For those of us who don't have our own children, this could be any child you interact with, or also other adults you interact with, much of the concept is the same.

Theory of “symbolic interactionism” – our actions are laced with messages and those messages help determine our role in that person's life. When they focus on their phone, not us, it sends the symbol that the phone is more important than we are = relationship cost.

But putting down your phone **CAN BE HARD!** It's the hardest parental distraction, more so than such as reading, eating or chatting because there's no clear end **to the activity.**

Our children want our attention. I've been there. So many times at the park – my boys want me to watch them go down the slide again, and again. And I don't want to stop scrolling through whatever I'm scrolling through. This is my few minutes of quiet, sanity, mom time. It's hard.

This technoferece can lead to us being

- less aware, which can increase injury/prevent harm.
- More harsh and more angry in our parenting styles when we're brought back to our kids --> then we're feeling ashamed of how we acted, and then we may seek out the phone to feel good and spiral more.
- Less connected to our kids, or them feeling less connected to us

- Sources

<https://www.theguardian.com/lifeandstyle/2022/jan/31/age-of-intimacy-famine-interact-with-phones-rather-than-loved-ones>

[https://technosapiens.substack.com/p/using-phones-around-our-kids-revisiting?utm\\_source=profile&utm\\_medium=reader2](https://technosapiens.substack.com/p/using-phones-around-our-kids-revisiting?utm_source=profile&utm_medium=reader2)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5681450/>

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-023-16850-x#>

<https://www.theatlantic.com/magazine/archive/2018/07/the-dangers-of-distracted-parenting/561752/>

[https://www.ncfr.org/sites/default/files/pqwph\\_433\\_255\\_Poster\\_ParentPositiveAndNegativePhoneUse.pdf](https://www.ncfr.org/sites/default/files/pqwph_433_255_Poster_ParentPositiveAndNegativePhoneUse.pdf)



## Our Relationships

### Phubbing



Phubbing refers to choosing a phone over someone else in our life, primarily in adult relationships.

This leads to a negative mood and feelings of ostracism, and threatens fundamental needs. It reduces trust

Phubbing can lower marital satisfaction, which can lead to depression and even among those who are not married, these impacts also extend to our friendships. Phubbing leads to feelings of social exclusion, which ironically turns us toward social media to find that inclusion.

Source:

[https://greatergood.berkeley.edu/article/item/what\\_is\\_your\\_phone\\_doing\\_to\\_your\\_relationships](https://greatergood.berkeley.edu/article/item/what_is_your_phone_doing_to_your_relationships)





## Our Society



This is the local newspaper in Columbia, Missouri where I interned as a 9<sup>th</sup> grade student and determined that I wanted to be a journalist.

Today there are far fewer local newspapers - From late 2019 to the end of May 2022, more than **360** newspapers closed.

Now, instead of reading a daily paper, we're getting news from social media. I believe that's a problem for several reasons:

- 1) Social media news is very short – quick snippets, Tweets of 280 characters, TikTok videos of 20-30 seconds
  - 1) Can you imagine trying to build your testimony of the Book of Mormon off a series of tweets? Think about if General Conference were only five posts instead of five long sessions? So much meaning, context and depth would be lost.
- 2) It's often designed to make us angry – filled with inflammatory language  
Studies show that posts with angry, emotion words go viral faster



than posts that are more calm, balanced – “Nothing is speedier than rage.”

3) It’s often not true – misinformation or disinformation

The platforms are set up in such a way that they reward the sharing of misinformation – not necessarily because people believe it, but because it earns them attention, which is what we all crave.

Sources:

<https://localnewsinitiative.northwestern.edu/projects/state-of-local-news/2023/report/#introduction>

<https://www.pewresearch.org/short-reads/2024/02/07/many-americans-find-value-in-getting-news-on-social-media-but-concerns-about-inaccuracy-have-risen/>

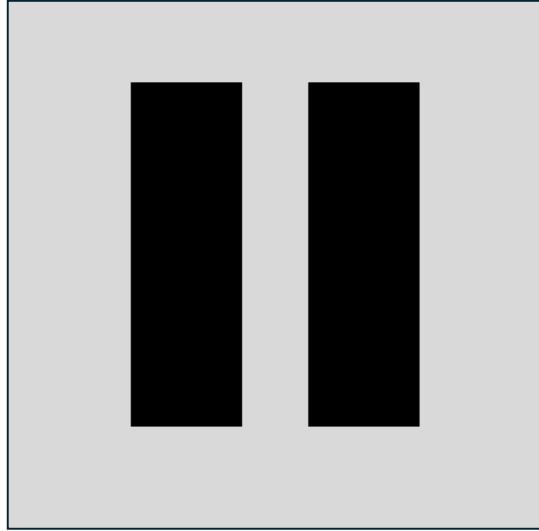
**Nothing is speedier than rage** <https://www.smithsonianmag.com/science-nature/what-emotion-goes-viral-fastest-180950182/>

### **Platforms are set up to reward misinformation**

“What we showed is that, if people are habitual sharers, they’ll share any type of information, because they don’t care [about the content]. All they care about is likes and attention. The content that gets attention becomes part of habitual users’ mental representations. Over time, they just share content that fits this mental representation. Thus, rewards on a social platform are critical in shaping people’s habits and what they are attuned to share with others.”

<https://insights.som.yale.edu/insights/how-social-media-rewards-misinformation>

Let's pause  
for one  
minute...

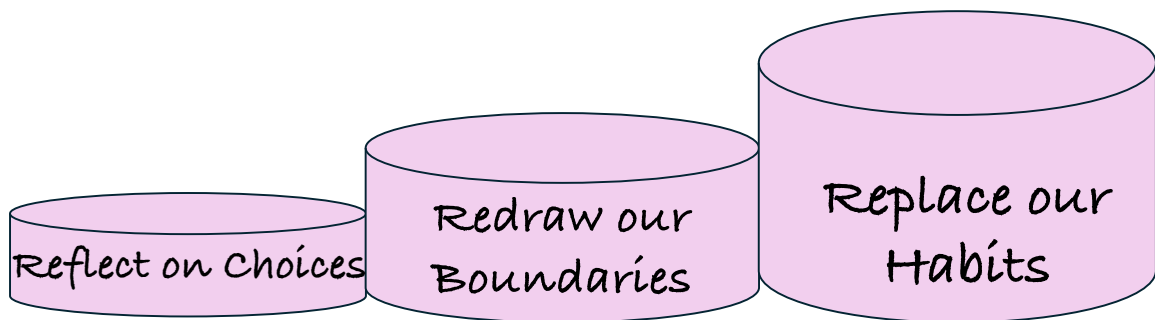


Pause – think about your social media. Does this resonate with you?



This is Hooked on Aerobics, a BYU program from the 90s that my mom would do and I would interrupt her as a child. They had different athletes working out at different levels, depending on what they could do at that time.

# We can reclaim our attention as we:



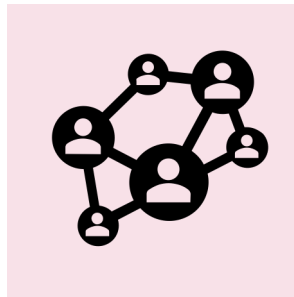
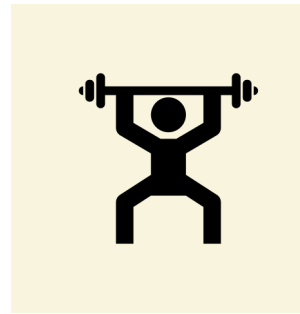
This can be our approach to reclaiming our attention. We can start small and work our way up to bigger more intense efforts and changes.

Each solution has both a spiritual and a worldly component; doctrine and application

The 3 Steps:

1. Review our choices – What we let in
2. Redraw our boundaries – what we keep out
3. Replace old habits – What helps us become

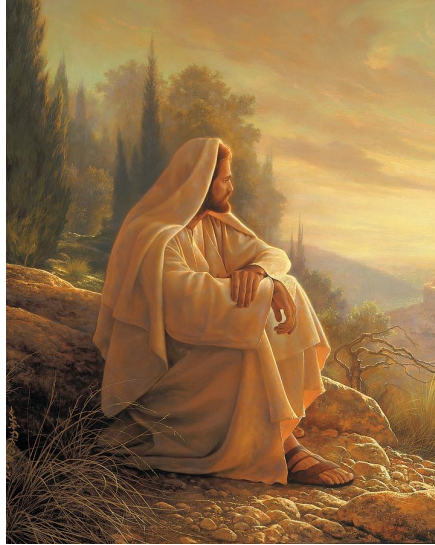
Let's revisit our  
categories



[American Badge](#) by [Prosymbols](#) on [IconScout](#)



## Our Mental Health



“Look unto  
me in every  
thought;  
doubt not,  
fear not.”

– *D&C 6:36*

I love this verse. The Savior is encouraging the Saints to trust Him more. To give Him more of their attention.



1. Why do I use social media?
2. What emotions am I feeling when I get on? How do I feel when I get off?
3. Whose input do I value the most?
4. Where does my self-worth come from?
5. Are my posts honest and real, or am I presenting a façade?

Here are some questions we can ask ourselves:

## Phone Inventory

### **What is on my phone?**

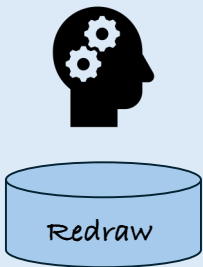
- Unfollow accounts/people
- Eliminate auto login for apps, hide them or delete them

### **Who can reach me?**

- Set notifications from people, not platforms

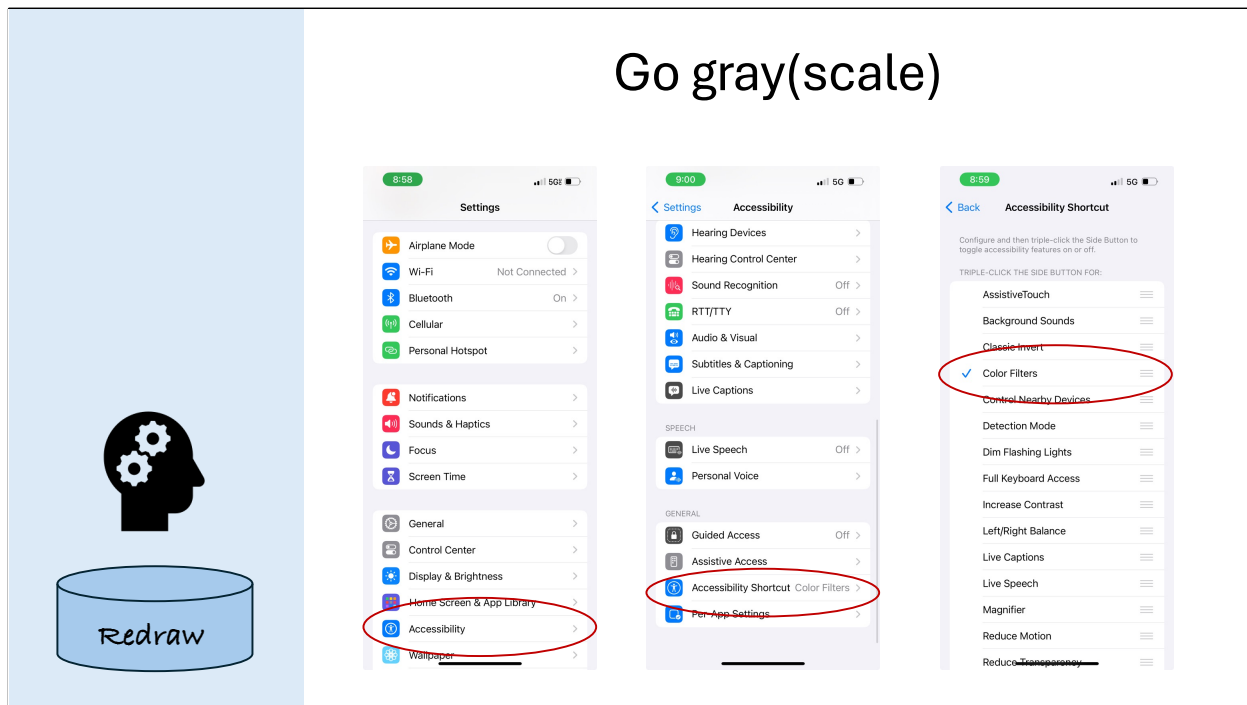
### **How can my phone help me set boundaries?**

- Use focus modes
- Go gray(scale)



Let's make our phone work FOR us, not against us.

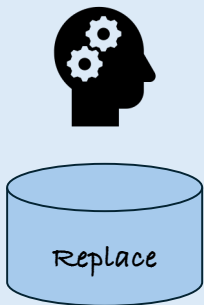




This is a cool trick (for iPhones) to make your phones go gray, which makes them less appealing, so we spend less of our time on them.

Go to settings and lick on the steps listed above. Then, once you have the color filter selected, pressing the power button 3 times in quick succession will result in your phone losing all color. Press it 3x again and it's back.

## Serve, don't compare



When we're on social media, we're often comparing ourselves to others, which makes us feel worse. Let's find ways to connect with people instead, so we don't have time to compare.

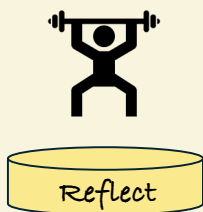


## Our Physical Health

“Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own. For ye are bought with a price: therefore **glorify God in your body**, and in your spirit, which are God’s.”

– 1 Cor. 6: 19-20

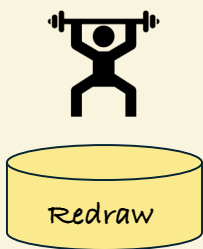
Our bodies are gifts from God.



1. How much time am I spending on my phone right before bed?
2. What is my posture when I'm using my phone?
3. What other things do I enjoy doing? E.g., reading books, hiking, cooking, cleaning, knitting, photography?
4. Where do I get my medical information? Who do I trust and why?
5. How am I glorifying God with my body?

Again, more questions we can use to rethink how we can reclaim our attention to strengthen our physical bodies.

## Phone-free spaces



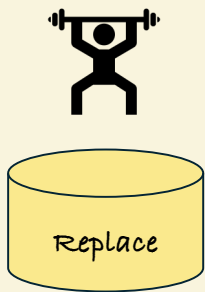
In bedrooms – get an alarm clock, rather than using your cell phone as a wake-up call, because then it's the first thing we're touching in the morning

Parents who set rules restricting mobile phone and online use before bed and obtaining a smartphone at a later age were associated with increased sleep time and earlier bedtime. Source: <https://pubmed.ncbi.nlm.nih.gov/33148478/>

Bathrooms – let's create another space where we don't need to think about comparing or competing or catching up. Often we're in here first thing in the morning and in the evening, so we probably don't need to be on our phone then anyway.

Temple – what a relief to get to enter away from the world and be in God's house. Jon and I were in the temple one night, and it took him forever to come out of the dressing room. I was almost ready to send in a temple worker. Turns out there had been someone in the locker ahead of him and Jon could tell that he was on his phone in the dressing room. We really don't need our phones IN the temple.

## Celebrate your body



- Get up and move!
- Go outside every day
- Start a new hobby, learn a new skill
- Seek advice from your doctor or trusted medical sources
- Show gratitude for your body

Get up and move – try one of those YouTube workouts you always see – Yoga with Adriene is wonderful for anyone interested in yoga, her YouTube channel doesn't have ads that interrupt her

Go outside – spending time in nature is rejuvenating and reminds us of God's creations

Learn a new hobby/skill – embrace what our bodies can do, can also be a way to make new friends/connections

Seek advice from trusted sources to keep our bodies strong

Love your body – social media is often full of depressing discouraging content telling us what's wrong with us. We are beautiful, we are made in God's image. Let's be proud of that.



## Our Relationships

“Please be careful of becoming so immersed and engrossed in pixels, texting, earbuds, twittering, online social networking, and potentially addictive uses of media and the internet, that you fail to recognize the importance of your physical body and miss the richness of person-to-person communication. ... I am raising a warning voice that **we should not squander and damage authentic relationships by obsessing over contrived ones.**”

- Elder David A. Bednar, “Things as They Really Are,” CES Devotional, 2009

David A. Bednar talk - [https://youtu.be/AR1Nm4XqsU4?si=7jfifAOXfX-4\\_2yR](https://youtu.be/AR1Nm4XqsU4?si=7jfifAOXfX-4_2yR)

This talk was in the early days of social media with the rise of programs where you could create alternate realities, e.g., the Sims, etc.

He reminded the students listening that Satan tries to get us to A. Abuse our bodies through harmful substances or behaviors, OR he gets us to forget our bodies by becoming so entranced in online worlds that we forget the people and REAL relationships we have.



1. Does my media use invite or impede the constant companionship of the Holy Ghost in my life?
2. Does the time I spend on media/technology enlarge or restrict my capacity to live, to love, and to serve in meaningful ways?
3. Am I giving my attention to people or platforms?
4. Do I have rules about putting my phone away when I'm with my husband/roommate/friend/family?
5. Am I interrupting face-to-face conversations to check my device?

Questions to ask ourselves as we reflect on how to reclaim our attention to benefit our relationships.

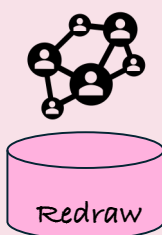


## Smartphone timeline



Thank you for signing the Wait Until 8th pledge!

You will receive an email confirmation shortly. Please check your promotions box. If you do not receive an email confirmation, please [contact us](#). Check out our [Wait Until 8th How To Start](#) page for a comprehensive guide to championing the pledge. There is strength in numbers!



When kids are young, their brains and social identities are still developing and are very susceptible to social pressures, peer opinions and peer comparison.

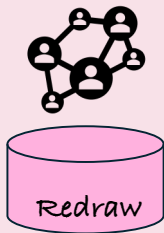
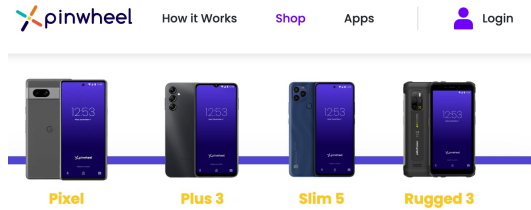
One way to redraw boundaries is considering when they get access to a smartphone.

This group, Wait until 8<sup>th</sup> encourages parents to band together to delay giving kids a smartphone until at least 8<sup>th</sup> grade. Let kids' brains develop more before handing them such a powerful distracting tool.

“In early adolescence, when identities and sense of self-worth are forming, brain development is especially susceptible to social pressures, peer opinions, and peer comparison. Frequent social media use may be associated with distinct changes in the developing brain in the amygdala (important for emotional learning and behavior) and the prefrontal cortex (important for impulse control, emotional regulation, and moderating social behavior), and could increase sensitivity to social rewards and punishments.”

<https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

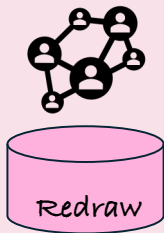
## Non-smartphone options



And there are other options besides smartphones for kids. (And adults, too!)

The bottom right is a Gabb phone, which our oldest son got as his first phone. Let him learn how to use the phone, develop responsibility before spending more money on a more expensive phone. No social media apps, no internet.

# Cellphone contract



## Cell Phone Contract for Connor Michael Hartley

Having a cell phone is a privilege — NOT a right. However, my parents recognize that I am becoming a young adult and will benefit from additional freedom and peer connections. Thus, they bought me this cell phone as a way to strengthen friendships while also practicing greater self-regulation, time management, and technological responsibility. Because my parents love me and want to keep me safe, they have also created rules and standards regarding the use of my phone.

With that in mind, I agree to the following terms:

1. This cell phone is a tool, not a toy. I will use it for specific purposes and then put it away.
2. This phone should not replace face-to-face interaction with people. Thus, when I am with others, I will focus on them — not my phone.
3. I will use my phone as an instrument for good — connecting with friends and engaging in positive, uplifting behavior. If I wouldn't show Grandma what I'm doing on my phone, I shouldn't be doing it.
4. I will not use my cell phone in my bedroom, only in common areas of the house.
5. I will check in my phone each night by 7:30 to the kitchen charging station.
6. I will keep track of my phone, and ensure it is safe, protected, and fully charged.
7. I will not bring my phone to the dinner table OR to church.
8. I can take my phone to school but I will only use it for appropriate school-related activities and necessary communication. I will obey all the school rules regarding cell phones.
9. I will always respond to mom or dad's texts/calls as soon as possible in the given situation.
10. I will use proper phone etiquette in public and be mindful of how my usage affects others.
11. I understand that having a cell phone can be helpful in an emergency, but that doesn't mean I can/should make dumb or dangerous decisions.
12. I will never text while driving, nor will I ride in a car with someone who does.
13. I will never use my phone to photograph/film nudity, violence or other unlawful activity.
14. I will never use my cell phone for malicious purposes, i.e. bullying, spreading rumors/gossip, etc. nor will I send text messages that are vulgar, obscene, or sexual in nature. I understand that such messages are both highly inappropriate and potentially illegal.
15. I will tell my parents if I get suspicious, alarming or bullying phone calls or text messages.
16. I understand that my parents can ask for and view my phone at any time, with or without my knowledge. I won't delete my texting history without permission, and I will show my parents everything on my phone: contacts, pictures, videos, text messages, etc.
17. I understand my phone may be taken away for failing to complete school assignments, homework, chores, piano practicing, or for disrespectful or disobedient behavior.
18. I understand that failing to follow these rules can result in the loss of my cell phone for any length of time, as determined by my parents.

## Parental Responsibilities

Jon and Sara Hartley agree that:

1. We will make ourselves available to answer any questions Connor may have about owning a cell phone and using it responsibly.
2. We will pay for his phone bill and necessary features to enable him to communicate with his friends.
3. We will support Connor when he alerts us to an alarming message or a concerning experience involving his phone.
4. We will give Connor warning before we take his cell phone away and try to work toward mutually agreeable solutions.
5. We will do our best to model positive phone usage behavior — especially points 1, 2 and 3.

Signed \_\_\_\_\_ Connor

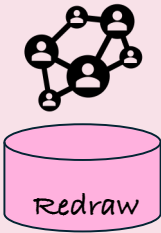
Signed \_\_\_\_\_ Jon and Sara

Date \_\_\_\_\_

When Connor got his phone, we wanted to set some ground rules about how it would be used.

I'd been reporting on tech use and teens and smartphones and I was determined to put it into action. So, we made this pretty lengthy list of things and sat Connor down and had a conversation about it. He rolled his eyes and thought it was sort of lame, but it established the ground rules in our home.

# Cellphone contract



**Cell Phone Contract for Connor Michael Hartley**

Having a cell phone is a privilege — NOT a right. However, my parents recognize that I am becoming a young adult and will benefit from additional freedom and peer connections. Thus, they bought me this cell phone as a way to strengthen friendships while also practicing greater self-regulation, time management, and technological responsibility. Because my parents love me and want to keep me

**Parental Responsibilities**

Jon and Sara Hartley agree that:

1. We will make ourselves available to answer any questions Connor may have about owning a cell phone and using it responsibly.

**1. This cell phone is a tool, not a toy. I will use it for specific purposes and then put it away.**

4. I will use my phone as a tool, not a toy. I will use it for specific purposes and then put it away.

**3. I will use my phone as an instrument for good — connecting with friends and engaging in positive, uplifting behavior. If I wouldn't show Grandma what I'm doing on my phone, I shouldn't be doing it.**

9. I will always respond to mom or dad's texts/calls as soon as possible in the given situation.

**4. I will not use my cell phone in my bedroom, only in common areas of the house.**

**5. I will check in my phone each night by 7:30 to the kitchen charging station.**

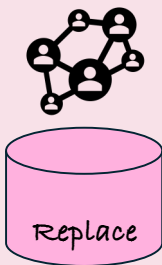
13. I will never use my phone to photograph/film nudity, violence or other unlawful activity.

18. I understand that failing to follow these rules can result in the loss of my cell phone for any length of time, as determined by my parents.

Does he always follow all these rules? No. I tried to call him the other night and his phone was off. His texting with me? Slow and delayed and so short 😊

Do we always model the best behavior for him to follow? No. Sometimes we are not setting the best example. But we are all trying. And because we have these ground rules, there's always an opportunity to revise them, and have another conversation about them.

## Phone-free time



We talked at the beginning about the 86,400 seconds we have each day. Many of you may have thought about donating some of that money.

**Remember we said our attention can be bought, sold or given away. The greatest gift we can give each other is the gift of our attention.**

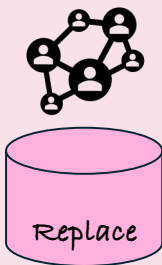
### **To our spouses/roommates**

David Brooks - "How to Know A Person" - Active listening -- Listen so hard you burn calories. Eye contact, body language, zeroing in on what someone is saying. I try to put my phone down, put my computer away and really focus. We can be that kind of listener.

One of the studies that has stuck with me the longest → They had students complete tasks/tests with their phones in their pockets, on a desk or in another room. The students who did the best were those who had their phones in another room all together. They could focus more. **Even having your phone WITHIN VIEW, face down, can still impact your concentration and focus.** To be fully present with someone, put the phone out of sight!

**Source:** <https://www.journals.uchicago.edu/doi/epdf/10.1086/691462>

## Phone-free time

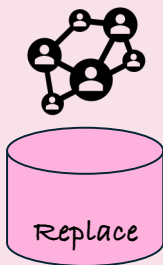


### Give the gift of attention

#### To our children

- ask good questions, be curious, make them feel seen
- Especially at the dinner table
- With our kids → tell them what we're doing on our phones and when we'll be done:
- "Honey, I'm on my phone to sign you up for dance lessons/put money on their school lunch account/tell grandma what you want for their birthday," and then I can help you with XYZ... "
- BUT, if we never tell them what we're doing, they don't know. This also works for spouses. "I'm just paying a bill and responding to an email for work, and then I'll put this down," etc.

## Phone-free time



### Give the gift of attention

#### To God

- When we're at Church, He knows when we're really paying attention and when we're not. Phones are great for scriptures, LDS tools, etc. But if we find ourselves getting distracted and going elsewhere, maybe it's time to bring back the hard-copy scriptures! 😊



## Phone-free time

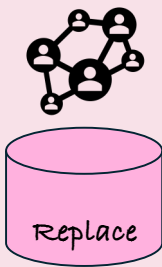


Photo by [Calish Faith](#) on [Unsplash](#)

### Give the gift of attention

#### To ourselves:

Whether we're married or single, we all need time to be with ourselves.

- Take time to journal, reflect, meditate, ponder, pray learn about yourself, nurture other interests
- Let the Holy Ghost be our companion and not have to compete for our attention





## Our Society

“For the Spirit speaketh the truth  
and lieth not. Wherefore, it  
speaketh of **things as they really  
are**, and of things as they really  
will be.”

- Jacob 4:13

The truth is powerful, and the truth will set us free.  
When we know truth, we feel peaceful and calm.

Social media is not always looking to help us feel peaceful and calm, especially  
attempts at news on social media.



When we're angry, we're more likely to be manipulated.




1. Where do I get my news?
2. How do I feel after reading that news?
3. Do I only read stories or posts that confirm what I already believe?
4. When's the last time I sought out a different viewpoint on a current issue?
5. How much of my news consumption is short-form videos/clips/posts (less than 15 seconds to watch or read) versus long-form?


Think about these questions. Especially #1.

If I asked you: "Where did you get your lunch?" would you ever say, "Oh, I don't know, I just saw it on the side of the road and grabbed it..."? Yet sometimes, that seems to be what we do with news.



BIRDS SUNCATCHER WINDOW  
HANGING - MOTHER...

 **\$23.99** ~~\$47.99~~

Type	Quantity
4 Birds	1

Here's a story to share:

I wanted to get a birthday present for my friend who loves birds. I searched around quickly and found this. It was a stained glass window catcher.

This is the picture I was sold, this is what I was promised. I was so excited, she was going to love it.



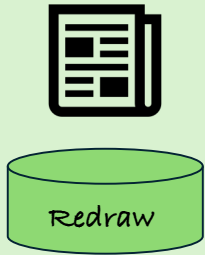
This is what I got. I was sold a lie.

I gave my attention (and money) to something that was not what it promised to be.

I had **not** done my homework to ensure that this company was legitimate.

I followed up with emails that were returned undeliverable. I totally got scammed.

I keep these birds to remind myself that it is critical that I know who I'm giving my attention (and in this case, money) to.



## Consider the Source

<b>C</b>	<b>Currency:</b> The timeliness of the info
<b>R</b>	<b>Relevance:</b> How the info fits your needs
<b>A</b>	<b>Authority:</b> The source of the info
<b>A</b>	<b>Accuracy:</b> Reliability and correctness of the info
<b>P</b>	<b>Purpose:</b> The reason the info exists

This is one way to help us evaluate where we're giving our attention: the CRAAP test (kids love this name)

I want to highlight the Authority and the Purpose.

Authority – who is sharing this, what is their background, qualifications, motivation – are they selling something?

Purpose – why does this exist? Is it trying to stir up contention or anger or paint someone as the bad guy, or is it sharing information to uplift and encourage and educate?

This can be really helpful to teach kids as they are doing homework and beginning to write research papers in school.



As a journalist, I abide by a professional code of ethics, that requires that I do my homework, engage in ethical practices and never intentionally mislead readers. I have editors who hold me accountable, and so many rounds of edits, and fact checks. We take the responsibility to share news VERY seriously.

I would encourage you to seek out news from places where people are taking this seriously. Yes, there are different political slants to publications, but some places take their responsibility to share news far more seriously than others. This is a list of publications I read and recommend.

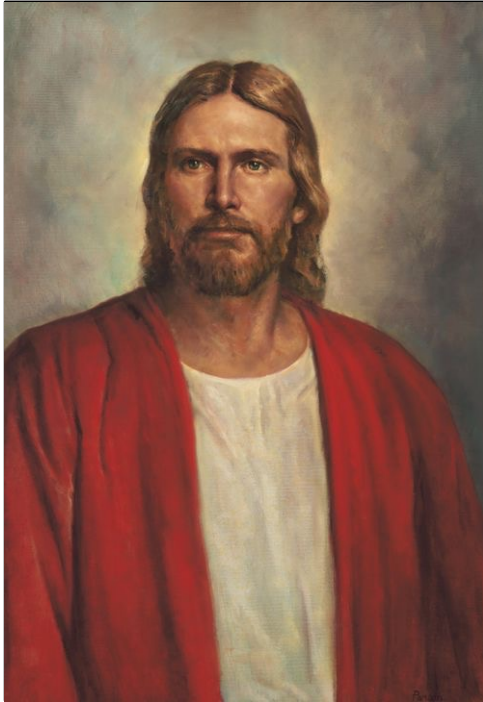
You may be saying --- I don't have time to read the news. And I hear you. I don't read it as much as I used to or should. But if I have time to be doom-scrolling, I have time to be reading headlines and an article or two. I can choose to make time. Or if I see something on social media that seems legit, I can come to a more reputable source and double check. Did that **really** happen? Is that context and framing accurate?



The sister missionaries tell me that 50% of the baptisms in this mission came from Facebook referrals. There is TRUTH to be shared and highlighted!

It's not enough to just keep pulling weeds, we have to plant flowers.

Fill our lives with Christ and His Gospel and share it.



“Draw near unto me  
and I will draw near  
unto you; seek me  
diligently and ye shall  
find me; ask, and ye  
shall receive; knock,  
and it shall be opened  
unto you.”

– D&C 88:63

When we give the Savior our attention, He can help us become so much more.



## Questions?

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- Please reach out, I am always happy to talk about this topic!  
saraizzy@gmail.com  
801-836-1814
- Scan this QR code to get a PDF of my presentation, all my references and other great resources.

