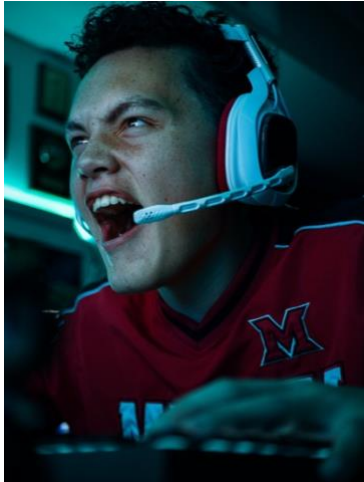


# RESTORING HOME

## TECHNOLOGY ADDICTION!!

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### HOME ASSIGNMENT



#### SUMMARY OF TODAY'S VIDEO

One in eleven children are addicted to technology and the trouble doesn't stop with children. Aspects of texting, videos, games, and social media affect the same area of the brain as heroin, cocaine, pornography, and alcohol! Adult men are increasingly abdicating their responsibilities and relationship with wife and children to play online games! This is an issue that families need to address.

Kevin Hedrick shares his experiences and thoughts on video gaming. Technology overuse and addiction affect a majority of families in our nation. These habits diminish self-esteem, retard emotional and social development, and affect actual brain chemistry. The dangers and side-effects of technology on children and adults are introduced in this eye-opening interview.

#### THIS WEEK

As a family, initiate a "technology detox." Steps include:

1. Reduce the estimated time on all technology (social media, phone, video, movies) by half.
2. Reduce the number of technologies on Shabbat. Decide what tech you will NOT use on Shabbat and substitute a family activity like hiking, telling stories, playing a board game, serving someone else, reading aloud a part of the Torah portion for the week.
3. As a family, after 1 week, let each person share how the detox has affected them and the family in any positive ways.

### FAMILY RESOURCES

Take this FREE [Quick Test](#) to determine if you (or your children) have a technology addiction.

Dr. Andrew Doan's materials are available at: [www.realbattle.org](http://www.realbattle.org)