

FOR PARENTS:

Applying Morality to Technology

1ST COMMANDMENT: "I am the Lord your God, you shall not have strange gods before me."
(Exodus 20:2-3)

- Is what I am doing on the internet showing everyone my faith in a positive light? Do I have hope in Christ rather than post hopeless, despair-oriented messages and images?
- Am I loving to those I interact with online?
- Do I show love and have understanding when people wrong me?
- Do I "worship" electronics? Can I unplug?
- Do I avoid places online that are detrimental to my Faith?

2ND COMMANDMENT: "You shall not take the name of the Lord your God in vain." (Exodus 20:7)

- When do I take the Lord's name in vain in a text, post, or email?
- When do I perjure God's name?

3RD COMMANDMENT: "Remember to keep holy the Lord's Day." (Exodus 20:8)

- Am I willing to spend hours on technology but not spend an hour or so at the Holy Sacrifice of the Mass every week?
- Do I celebrate and look forward to the Eucharist with the same passion as I do when I play video/computer games?
- Do I rest from doing work on the computer on Sundays?

4TH COMMANDMENT: "Honor your father and mother." (Exodus 20:12)

- Do I use technology the way my parents want me to use it? When? Where? How?
- Do I use technology the way my teachers and pastor want me to use it?
- Do I cooperate with the authorities?

5TH COMMANDMENT: "You shall not kill." (Exodus 20:13)

- When have I killed someone's reputation?
- When have I bullied someone online?
- Do I talk to strangers online that could hurt me?
- Do I remember my health? Do I unplug?
- Do the video games I play or the media I watch promote life?

6TH & 9TH COMMANDMENTS: "You shall not commit adultery." (Exodus 20:14)

"You shall not covet your neighbor's wife." (Exodus 20:17)

- I do watch movies/television shows that glamorize free, unlimited sex, coveting men's and women's bodies, & demean the genders?
- Do I access inappropriate websites that ruin the dignity of our sexuality?
- Do I post images/videos on my profile that lead others to sin?
- Are the websites I visit, the music I listen to, and the movies I watch help me to remain pure?

7TH COMMANDMENT: "You shall not steal." (Exodus 20:15)

- Do I use other's people's work and pass it off as my own?
- Do I waste resources that limit others' use of technology?
- Do I waste electricity?
- Do I have concern for the world wide web?

8TH COMMANDMENT: "You shall not bear false witness against your neighbor." Exodus 20:16)

- Be yourself while being online.
- Do not lie.
- Agree to Terms of Use Agreements.
- Do I respect others' reputations?

10TH COMMANDMENT: "You shall not covet your neighbor's goods." (Exodus 20:17)

- Do I crave the newest technologies so much that it neglects other priorities in my life?
- Do I measure my self-worth my "toys"?
- Am I jealous of other people's possessions?
- Can I let go of my electronics?
- Do I "treasure" my technology?

• Suggestions for Children/Teens

- Do not communicate with those they (and parents) do not know.
- Avoid gossiping, anger, and silly language.
- Talk to parents.
- Understand the importance of passwords and their sensitivity.
- follow the Three Person Rule.
- Know and adjust privacy settings
- Avoid the "tell all" syndrome
- Follow the rules!
- not make a god of technology! (1st Commandment)

• Suggestions for Parents

- Establish clear, positive, age-appropriate, and fair rules regarding all forms of technology in your household.
- Have internet access in a PUBLIC place
- Avoid the hive mentality ("All my 10-year-old friends have Instagram! Why can't I?")
- Be the parent, not the friend.
- Check the accounts!!
- Protect but not shelter. Guide.
- Communicate with other parents.