

DIGITAL COCAINE: A Journey Toward iBalance

by Brad Huddleston

Are you concerned about what technology is doing to our young people and to us as teachers and parents?

"I have the right to do anything," you say--but not everything is beneficial. "I have the right to do anything" but I will not be mastered by anything. - 1 Corinthians 6:12 NIV

- Grace:
- Addiction (in a literal sense):
- The Brain:
- Dopamine:

iCRAZY - PANIC. DEPRESSION. PSYCHOSIS.

"The computer is like electronic cocaine, fueling cycles of mania followed by depressive stretches."

- South Korea: 200 digital detox centers
- China: 300 digital detox centers
- Digital dementia:
- FOMO (Fear of missing out):
- Nucleus accumbens:
- Nomophobia:
- Newborn baby:
- Multitasking: Multiple media use is tied to depression, anxiety
- Schemas: Networks of associations in the brain
- Effected spiritually:
- Social video gaming:
- Words affect us physically:
- Gaming:

"Spending two hours on a game station is equivalent to taking a line of cocaine in the high it produces." -Steve Pope

- Extreme anger:
- Pornography:
- Dopamine: primary neurotransmitter
- Minecraft:
- What's the worst thing about pornography?:
- Matthew 5:27-29:
- Anhedonia: I no longer feel anything
(Source: Thrilled To Death by Dr. Archibald Hart)
- Nucleus accumbens: Reward area (pleasure center)
- Barrier:
- Numbness:
- Pleasure with God:
- "Cutting":

So what do we do about it?

- **"The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age"**
by Catherine Steiner-Adair EdD (Book)
- **"8 Ways Screens Are Ruining Your Family's Life"** by Lori Leibovich (Online Article)
 1. Don't put your baby in front of a screen. Ever.
 2. And think hard about putting your toddler in front of one too.
Yes, your television is a screen.
- LOS ALTOS, Calif.:

Are you, or will you become a "Low-Tech" parent?

"We limit how much technology our kids use at home." Steve Jobs

Will you?

Be a parent, not a friend.

- "Never introduce video games to your home."
- "Remove all technology from bedrooms."
- "No music while studying."
- "As a parent, you might determine that your child cannot handle a smart phone. A flip phone is an option."
- "Any digital activity that goes longer than one hour is going to push the adrenal system over the edge."

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will." Romans 12:2

Teenagers require about 9.25 hours of sleep per night.

- *Make sure the bedroom is completely dark*
- *No music while sleeping*
- *Turn off all technology at least 2 hours before going to bed*
- Read traditional books.
- Daily aerobic exercise.
- Get out in nature.

Daily read your Bible.

Do our children know how to meet with God, and then do it?



Brad Huddleston

Brad Huddleston is an internationally respected speaker, consultant, teacher and author on the important issues such as technology and culture. He has worked with universities, schools, churches and law enforcement, and spoken to tens of thousands around the world on both the advantages of well-used technology tools and the dangers of the growing trend toward technology addiction. Brad has an on-going collaboration with the Bureau of Market Research (BMR) and its Neuroscience Division at the University of South Africa. Brad has a degree in Computer Science and a Diploma of Biblical Studies. He's also a frequent guest on radio and television and author of *Digital Cocaine: A Journey Toward iBalance* and *The Dark Side of Technology: Restoring Balance in the Digital Age*.



For more information go to:

www.bradhuddleston.com

www.facebook.com/rbradleyhuddleston

These and other resources can be found on Brad's website:

