

PROTECT YOUNG EYES

TECHNOLOGY & PARENTING EVENT

PROVIDENCE ACADEMY

APRIL 20, 2026



→ [Link to Full Presentation Recording \(available until May 27, 2026\)](#)

→ [Link to Presentation Notes](#)

→ [Link to PYE Newsletter](#)

5 Habits of Tech-Ready Homes

1. Model the Right Behaviors

Would you want them to use their technology just like you? Where you use it? How you use it? What you use it for?

- Post with permission.
- Announce your tech-intentions
- Practice the “sweetness of doing nothing”
- Helpful Links:
 - “Busy People Don’t Have Epiphanies” by Chris McKenna
 - Sample Family Media Plan

2. Pursue Authentic Connection

How well do you know the heart of you child? Remember, you can’t outsmart them with parental controls. But if you capture their heart, you won’t have to.

- Do tech together.
- Square up and look at them.
- Practice. Practice. Practice.
- “Google me.” (YouTube, ChatGPT)

3. Encourage Work & Play

“We all want children to thrive. The problem is in the decisions we’ve made to support this noble goal. We’ve prioritized safety over freedom, achievement over play, and screen time over outdoor time.” - Mariana Brussoni

- CEOs don’t check the mail.
- Stop parenting and start leading.
- Let the lines be crooked.
- Helpful Links:
 - HR Mom
 - Make Time Outside a Priority

4. Delay All Addictive Tech

After eight years of talking to parents about these critical issues, we’ve never heard someone say, “I messed up. I gave my kid Snapchat too late.” Remember, they get ONE, precious childhood. #delayistheway

- Even if you’ve said no, teach them so they yes.
- Interrupt your kid!
- Mindset: Brain against the game.
- Find your like-minded tribe.

PROTECT YOUNG EYES

TECHNOLOGY & PARENTING EVENT

PROVIDENCE ACADEMY

APRIL 20, 2026



→ [Link to Full Presentation Recording \(available until May 27, 2026\)](#)

→ [Link to Presentation Notes](#)

→ [Link to PYE Newsletter](#)

5. Diligently Prevent Harm

Most digital spaces are exploitative by default. They're built on a model that incentivizes "traps," not tools. This isn't a "good" or "bad" kid thing. It's the tech. Protecting them requires multiple layers

- Wrap them in layers.
- Avoid the toxic trio.
- Use the 7-Day rule.
- Parent-led device ownership.

Building a Bridge of Trust:

- Where digital trust runs high, tension runs low.
 - Kids will mess up. How will we respond?
 - Don't freak out. Practice being a safe spot to land. There's never a bad time, never in trouble for being honest/asking for help.
 - They wonder: Am I going to be okay? Will my parents be okay with me?
 - Practice being curious.
 - Do your kids know beyond any doubt that they can land safely with you?
- Additional Links & Resources:
 - [10 Before 10](#)
 - [Fightthenewdrug.org](#)
 - [One Mom's Brilliant Smart Phone Instructions for her Daughter](#)
 - [AI Companion Apps](#)
 - [Responding to Sextortion](#)
 - [PYE's Phone Guide](#)
 - [PYE's Device Guide](#)
 - [PYE's App Guide](#)
 - [PYE's Ultimate Router Guide](#)
 - [Book: Five Habits of the Tech Ready Family, Chris McKenna](#)
- Scripture to ground your practices:
 - John 1:14 - Grace and Truth
 - Philippians 4:8 - Digital Filter
 - Proverbs 4:23 - Guard your Heart
 - Ephesians 2:20-21 - You're a Dwelling Place