



MONTHLY NEWSLETTER

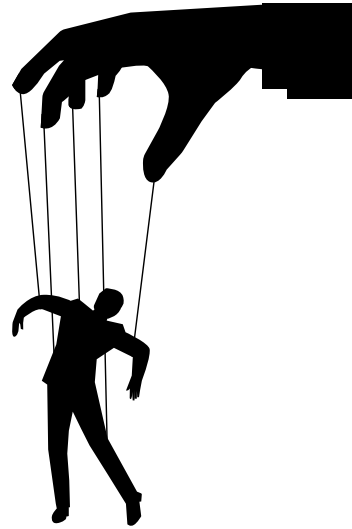
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EVIL EXISTS

At Smart Families we spend a lot of time educating families about the dangers of manipulative uses of technology and how the outcomes of this disordered human nature leads to so many problems in our own lives and especially the lives of our children before their brains mature. We also believe there is a moral imperative that few are willing to say. So we will say it:

- Psychologically manipulating people to do what you want is wrong.
- Physiologically addicting people to your products is wrong.
- Exposing people to vices we humans are prone to, like gossip, sloth, gluttonous self-indulgence, envy, and lust is wrong.



Even if attention spans improved (which they are not), even if global test scores improved (which they are not), even if mental health improved (which it isn't), it would still be wrong to engage in these evil business practices that hijack and control our attention and motivations. We as Catholics know that evil is not something to be trifled with.

“Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour” (1 Peter 5:8).

HUMAN DIGNITY

We were created in God's own image and likeness (Genesis 1:27) and by virtue of our existence through God are “very good” (Genesis 1:31). God has endowed us with such great dignity, and nothing can ever take it away. We are beloved by God. He seeks our wellbeing and draws us closer to Him to fill us with peace and contentment.

“Do you not know that you are a temple of God and that the Spirit of God dwells in you?” (1 Corinthians 3:16).

The Truth about how much God loves each of us is uniquely Catholic, so it is a bit naïve as our culture strays from its Catholic roots to assume our society shares this conviction. The source of our dignity cannot come from man as we know mankind can justify practically anything for the sake of expediency. God went “all the way” when he became man. “For God so loved the world that he gave his only Son” (John 3:16).

**Prioritize Family and values.
Delay Social Media.**

**Delay the Smartphone.
No Phones Used in Schools**



The closer we come to know God, the more we come to know our worth and our value. That is why the concerns around manipulative uses of technology resonate with us as Catholics. We know our worth and we know how evil it is to undervalue and exploit another human person for profit or for sin. That is why as Catholics we cannot be idle in this fight. We are at war, for our families and for our souls. We must turn to God and to each other because our fight is “not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens” (Ephesians 6:12).

LIVING IN A WORLD WITH MANIPULATIVE TECHNOLOGY

Society and cultures can change but human nature does not. There will always be people looking to harm other people, including our children, either for profit or their own self-interest. Jesus gives a strong warning to such people, “Whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone hung around his neck and to be drowned in the depths of the sea” (Matthew 18:6).

We must start somewhere. The Church teaches that parents are the primary educators of their children. “Parents and those who take their place are bound by the obligation and possess the right of educating their offspring (Can. 793 §1.). We need to make sure that our home is the first place that our children learn about God and come to know the value of their human dignity. Be intentional with your time as a family and lead by example. Let’s put down our own phones and prioritize family meals and activities to affirm each other’s worth.

The next thing we need to do is create Catholic communities where it’s easy to be virtuous through community norms that are aligned with our values. Technology has created many useful tools, but we have to acknowledge that tools can be used for both good and evil. Nowhere is that evil more present in the modern world than the 24/7 access to vices and addictions on our smartphones. There is no good reason your child needs a smartphone. There are other tools that are more appropriate. That’s why it is important to delay smartphones until high school and social media until at least 16 years of age. Not only will this ensure your child’s brain will grow as God intended free from manipulation and addiction, but it sets them up to live a virtuous life.



“After prayerful consideration, we’ve decided to get you a smartphone” – No One

LET US PRAY

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and **lead us not into temptation**, but deliver us from evil. Amen.

Smart Families is partnered with your church and/or school to educate, encourage and empower your community about the importance of delaying smartphones.
To learn more, visit www.smart-families.org