

“NAVIGATING TECHNOLOGY IN OUR EVERYDAY LIVES”

Understanding Algorithms

FACT: The internet IS NOT unbiased and neutral!
(There is big money in serving you the data marketers want you to see)



User Profile

Gender
Age
Data Collected
Browser History

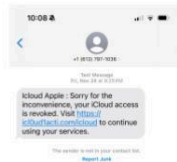
Marketers Define What They Want

Target gender
Target age
Target interest

Internet Data

An algorithm is a formula that uses all the data on the right to return search results targeted to the user instigating the search. Data is served based on your user profile and what type of customers marketers have decided they want to reach.

Text Scams - What to look for



Visit <https://icloudacti.com/icloud>

Look for oddly spelled words in the links.

- Do not click on links in texts unless it is something you are expecting.
- If a bank or credit card texts and ask you to call them and they give you a number in the text, do not call the number they give. Look up the number of the bank and call the number you find. A scammer will use a number that calls their people and try to get data from you to access your account.



Phone Call Scams

“Grandma, I was in an accident and I need you to send money quick”

“Grandma, I got in trouble and need money to get out of jail”

“Grandma, I’m in Europe and lost my wallet. I need you to send money fast so I can get home.”

It may seem odd but it’s surprising the stories of people falling for this when they knew the situation was out-of-character for the one calling. These scammers use AI generated voices and create an urgent panic to get people to send money without taking steps to verify the story.

Red Flags:

- The situation is out-of-character for the caller.
- There is an urgency to get you to send money without verifying the story.
- You feel yourself being talked into a state of panic.
- The caller is pleading and playing on your emotions.

What To Do:

- As soon as you see red flags HANG UP IMMEDIATELY!
- DO NOT try to reason with the caller. THEY KNOW THEIR GAME!
- Immediately try to call the person who was claiming to call you.
- If you are upset by the experience, call someone you know and can trust to work through the feelings you are experiencing.

Links to resources:



Phone scams/AI

https://www.youtube.com/watch?v=V6_jCGzRo2o



Now That We're A Family Podcast:

253: Digital Heroin: Screens Are Damaging Our Children's Brains | Dr. Nicholas Kardaras Ph. D.



Cell Phone Addiction Youtube video

https://youtu.be/0tVw2xArV0k?si=sFdya_FZY3BNvUte



Blog post:

Phylicia Mosonheimer. My Boundaries with Technology for 2021. *Every Woman a Theologian.*

<https://phyliciamasonheimer.com/my-boundaries-with-technology-for-2021/>

Psalm 91

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

8 Only with thine eyes shalt thou behold and see the reward of the wicked.

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

12 They shall bear thee up in their hands, lest thou dash thy foot against a stone.

13 Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

16 With long life will I satisfy him, and shew him my salvation.

Books:

Screen Kids:

5 Relational Skills every Child Needs in a Tech Driven World
Gary Chapman

Glow Kids:

How screen addiction is hijacking our kids- and how to break the trance
Nicholas Kardaras

Surviving the Tech Tsunami

Gary Miller

How to Have a Quiet Time

Warren Myers

The Tech-Wise Family

Andy Crouch

12 Ways Your Phone is Changing You

Tony Reinke

Hands Free Mama

Rachel Macy Stafford

Create a Better Brain Through Neuroplasticity

Debi Pearl

Good pictures, Bad pictures Jr:

A simple plan to protect young minds.

Kristen A. Jenson

Addiction Information Handout

Simply put, addiction is idolatry—giving yourself to a person, idea, or substance that displaces God as central. Alcohol, drugs, and potato chips are just a few possible objects of "worship" for Christian women. The prophet Isaiah's description of God's people in his day fits the church today as well: "Their land is full of idols" (Isa. 2:8). And idolatry, as God says in Galatians 5:19-20, is sin.

By Sharon Hersh

Top female addictions in America:

- Alcohol
- Drugs (illegal or prescription) 20% of Americans affected
- Smoking (vaping)
- Behavioral Addiction (shopping, work, internet, gaming, eating disorders, pornography, gambling) 90% of Americans experience behavioral addictions

Resources:

Book: Create in Me a Pure Heart by Steve and Kathy Gallagher
Pure Life Ministries - (859) 813-1558



Website for finding a biblical counselor:
<https://biblicalcounseling.com/>



Website:
communicateJesus.com
Accountability Software
Comparing 5 of the Best Tools



Website: <https://calvarynuevo.org/overcome-idolatry-scriptures>
Scriptures by Topic to Overcome Idolatry