

A Holistic Overview on Technology/Screens

Age	Biological	Psychological	Social	Spiritual
Birth-2 years old	Doesn't provide any support for development	Tends to increase negative emotional side effects	Interferes with relationships with caregivers and peers and delays social skills	Doesn't provide any support for spiritual growth
3-5 years old	Doesn't provide any support for development	Tends to increase negative emotional side effects	Delays ability to interact and develop relationships appropriately	Begins "consumer" thinking of being entertained/pacified
6-9 years old	Doesn't provide any support for development	Potentially helpful for emotional learning but there are better options	Minimally helpful for relationships	Pathway for learning more about secular culture than faith practice
10-13 years old	Doesn't provide any support for development	Found to be more harmful than helpful: anxiety, depression, loneliness etc.	Begins competing with peer and family attention	Worldview is typically set
13-15 years old	Doesn't provide any support for development	Found to be more harmful than helpful: anxiety, depression, loneliness etc.	Can take priority over peers due to lack of independence	Self is compared to culture rather than to God
16-18 years old	Doesn't provide any support for development	Found to be more harmful than helpful: anxiety, depression, loneliness etc.	Can interfere with strengthening family relationships	Morality and eternity is skewed by media consumption