

Family Media Policy: Guarding Hearts and Minds

Purpose

To establish a God-honoring, thoughtful framework for media use in the home that reflects biblical values, protects our family spiritually and emotionally, and cultivates discernment in a digital world.

1. Biblical Foundation

- Romans 12:2 — "Be not conformed to this world..."
- Philippians 4:8 — "Whatsoever things are pure... think on these things."
- Psalm 101:3 — "I will set no wicked thing before mine eyes."

We affirm that media choices are moral decisions, and we are accountable before God for what we allow into our hearts, minds, and home.

2. General Guidelines

- Devices used primarily in public spaces (living room, kitchen, study).
- No private screens behind closed doors without parental knowledge.
- Daily media time limits for children (suggested: 1 hour school days, 2 hours weekends).
- Sabbath rest from screens on Sunday.
- No devices at meals, during devotions, or bedtime.

3. App and Platform Policies

- TikTok: Not permitted due to ownership, spiritual content risks, and data concerns.
- YouTube: Allowed with supervised accounts; YouTube Kids preferred for younger children.
- Instagram, Facebook, Snapchat: Not allowed until age 16 with maturity review.
- Streaming Services: Parental control settings required (e.g., VidAngel or ClearPlay encouraged).

4. Content Standards

We reject media that:

- Promotes sexual immorality, rebellion, violence, or disrespect for authority.
- Glorifies ungodly lifestyles or contradicts Scripture.
- Uses profanity or blasphemy.

We embrace media that:

- Encourages faith, virtue, kindness, and family unity.

- Sparks curiosity about God's creation, history, or character.
- Promotes wholesome creativity and communication.

5. Parental Roles and Accountability

- Parents will preview and approve new apps or games.
- Parents retain all passwords and device control.
- Monthly family media reviews (tech check-ins).
- Encourage open dialogue without shame.

6. Personal Devices and Phones

- No personal smartphones before age 16.
- First device should be a basic phone or monitored device.
- Social media access only after parental training and review.

7. Encouragement and Grace

- Mistakes will be addressed with truth and grace.
- We celebrate victories in digital discipline and discernment.
- Our goal is Christlikeness, not just rule-keeping.

"I will behave myself wisely in a perfect way...I will walk within my house with a perfect heart."

Psalm 101:2