

Resources for Using Technology Safely

From the Saint Macrina Lecture 'Chastity and Technology'

<https://www.st-philip.net/files/Resources/Prayer-against-internet-pornography.pdf>

<https://www.st-philip.net/files/Resources/Spiritual-Safety---internet.pdf>

ARTICLE: Prayer of the Heart in an Age of Technology and Distractions

https://patristicnectar.org/bookstore_141210_1

ARTICLE: Attend to Thyself: Attentiveness and Digital Culture

<https://deathtotheworld.com/articles/attend-to-thyself-attentiveness-and-digital-culture/>

BOOK: John Senior and the Restoration of Realism

<https://www.eighthdayinstitute.org/john-senior-and-the-restoration-of-realism>

A must read for homeschooling parents hoping to build a healthy atmosphere where a child can thrive. To quote: "If we are to restore an authentic...Christian culture, we will have to think not just about fighting infanticide, sex education and pornography — by all means fight them to death — but for the positive work of the restoration of culture which lies wrecked in the wake of the humanist assault: we will have to think about simpler, larger, elemental things which, losing their original strength, gave access to the enemy in the first place —elemental things which are the foundation and the principle of the superstructures we must rebuild" (John Senior).

BOOK: The New Media Epidemic: The Undermining of Society, Family, and Our Own Soul by Jean-Claude Larchet

<https://www.holytrinitypublications.com/the-new-media-epidemic>

Amazon review: "Dr. Jean-Claude Larchet, renowned for his examinations of the causes and consequences of spiritual and physical illness, tackles the pressing question of the societal and personal effects of our societal use of new media."

Article: Archimandrite Maximos (Constas) – Prayer of the Heart in an Age of Technology and Distraction (6 Part), <https://orthochristian.com/91792.html>

Audio: Archimandrite Maximos (Constas) – 2014 Clergy Seminar, Diocese of Los Angeles & the West - <https://www.antiochian.org/regulararticle/586>

Video: Jay Shetty – Before you Scroll Down, <https://www.youtube.com/watch?v=ReyEU06e5PU>

Defensive Perimeter Layers

Don't be afraid to seek out technical help with setting some of this up! Talk to the IT guys in your local parish or homeschool co-op if you feel overwhelmed - they are usually happy to put their skills to work for the Kingdom of God!

External Network

- OpenDNS FamilyShield <https://signup.opendns.com/familyshield/>
- Alternative (slightly simpler but with less customization) 1.1.1.1 for Families <https://1.1.1.1/family/>

Network Perimeter

- Router with DD-WRT <https://dd-wrt.com/>
 - FlashRouters come with this already installed <https://www.flashrouters.com/>
 - Simple script to capture DNS traffic and reroute to your chosen DNS provider

Internal Network

- Wireless network with parental controls and device blacklisting - for instance, TP-Link Deco Mesh Wifi
 - <https://www.tp-link.com/us/deco-mesh-wifi/>
 - Check regularly for illicit devices that are active on your network and block them.
- Filtering/Accountability software on **every** device - for instance CovenantEyes or Google FamilyLink
 - <https://www.covenanteyes.com/>
 - We use Accountability/Filtering for younger children, Accountability for older kids
 - Don't neglect to check the reports!
 - <https://families.google/familylink/>
 - FamilyLink is especially useful in conjunction with Google ChromeBook
- Email - for younger children, recommend Tocomail; for older, we use ProtonMail - the most important thing about this is no expectation of privacy.
 - <https://tocomail.com/>
 - <https://proton.me/mail>
- Browser - use a privacy-oriented browser, like Brave, with builtin ad-blocking
 - <https://brave.com/>
 - Extend the protection with uBlock Origin browser extension

Phones

If you are going to get your child a smartphone, at the very least, insist on CovenantEyes. It is recommended, though, that instead they get a "dumb" phone.

- <https://gabb.com/>
- <https://www.thelightphone.com/>

There are many others available (Troomi, for instance) but do the research - if it has the ability to add apps without any controls, I recommend avoiding it.