

A person's hands are shown holding a smartphone that glows with a bright blue light. Overlaid on the phone and the hands is a complex digital network of white nodes connected by thin lines. Several red circular icons with white symbols (hearts and thumbs up) and small numbers (38, 11, 19, 9) are scattered around the network, suggesting social media interactions. The background is dark and out of focus.

# WHAT THE TECH?!

The Promise and Perils of Our Digital Age

Bring your friends and family as together we focus on having a healthy relationship with technology. We'll also study this theme in age-appropriate ways in Sunday School with our children and students.

# WHAT THE TECH?!

Did you know the average American spends at least 4 hours using screens each day? They check their phone 58 times. That's staggering.

We know technology holds the promise of enormous good, but misused, it can cause untold pain, leaving us feeling isolated, anxious, depressed or addicted. Technology can have a tremendous positive impact on society but it can also be used to spread misinformation and sow the seeds of hate.

**Join us for five weeks as we explore how we can avoid the perils and unleash the promise of technology in our lives, our families, and our communities.**