

A square logo with a scalloped border. Inside, the words "REAL LIFE" are written in a circular path, with "REAL" on the left and "LIFE" on the right.

REAL LIFE

A LETTER TO MY CHILD

INSTRUCTIONS

We suggest taking a moment to handwrite or edit the content of this letter to fit you, your family, and your child. Let them know how much you love them by being clear in your home's boundaries and your desire for their flourishing.



Dear _____ ,

The time has come, and you are finally getting a phone. We have a few important thoughts to share because we love you very much and want you to have a good experience with this phone.

Your time is precious. Don't let the algorithms sweep you away. Big Tech wants to hijack your day, but you know better. Use this as a tool to serve you. Don't serve it with your time, attention, and affection. AI does not and cannot care about you. Its creators only want you to stay on the platform as long as possible for money. Do what you need to do, then put this phone down like a hot potato.

Guard your heart. Do not conform to the worldly images of "success" you'll be shown. Pre-decide, like Daniel, that you will not act (or scroll) like those who don't follow Jesus. Don't tolerate violence, porn, bullying, or harmful images or videos. You are c'reated in the image of God. Treat your body and the bodies of others with honor and respect. Use this phone to enhance your real-life friendships, not to collect followers you don't know.

You won't have this phone overnight because it's critical to protect your sleep, body, and soul. But if you still experience something weird, bad, or inappropriate, please come tell us. We won't get mad at you (we're mad at the creep making trashy content!). If you ever need us to come get you, or you're wondering if it's really us or AI, use this family password

_____ .

Until you are an adult, this phone belongs to us, not you. We will have your passcodes and will intervene if there is a problem. We trust you, but we don't trust the addictive algorithms. We've got your back.

Love you to the moon and back,

Mom and Dad