THE GREAT TECH TALK

– A Simple Guide for Introducing a Tech Reset at Home –

SUMMIT MINISTRIES

TECHRESETBOOK.COM

A reset isn't simply about taking screens away. A reset is about reclaiming real life: making more room for God, relationships, conversation, play, purpose, and presence. A family conversation can help your kids understand not only what is changing, but why.

1 GATHER YOUR FAMILY & START WITH HUMILITY

Choose a calm time to sit down together and explain the reset. Major changes are easier to understand when you introduce them intentionally rather than one new rule at a time. If you have a spouse, make sure you're on the same page first so you can present a united plan. If appropriate, acknowledge your own role in the family's current tech habits. You may have learned things you didn't know before or realized that boundaries that once seemed reasonable no longer work.

TRY SAYING: *"We've been learning more about how technology affects our hearts, minds, and relationships. We realize some of the choices and habits we've made aren't working well for our family, and we want to make a change together."*

2 BRING OTHERS ONTO YOUR TEAM

Grandparents, relatives, caregivers, and other families can make your reset easier or harder. Tell them what you are changing and ask for their support. The goal is not to criticize how they use technology, but to help your child experience consistent expectations.

TRY SAYING: *We're doing a tech reset as a family and making some changes to how the kids use screens. When they're with you, would you help us stay consistent with _____? Your support would mean a lot to us."*

3 EXPLAIN WHAT YOU'RE FIGHTING FOR

Don't make the conversation only about what your kids are losing. Paint a picture of what your family wants to gain: more connection, better sleep, deeper conversations, time outside, hobbies, reading, creativity, family activities, and space to love God and one another well.

The goal isn't simply less technology. It's a flourishing family life where screens are part of it, but not the center.

4 CLEARLY EXPLAIN THE RESET

Be specific. Kids need to know what is changing, when it begins, and what necessary technology use will still look like.

OUR RESET BEGINS ON THIS DATE:

_____

WE'RE CHANGING:

_____

WE'LL STILL USE SCREENS FOR:

_____

5 EXPECT PUSHBACK, LISTEN, & TALK THROUGH THE OBSTACLES

Your kids have not had as much time as you have to think through the change. They may feel disappointed, angry, anxious, or left out. Give them time to adjust. Listen with empathy and don't immediately change the boundary.

LISTEN WITHOUT SURRENDERING THE BOUNDARY: *"I hear that you're really upset about changing your gaming rules. I understand why this feels hard. We love you, and we're still going to move forward with this reset on this date."*

Invite questions and think through the situations that could make the reset difficult. For example:

- How will we handle homework or school devices?
- How will you stay in touch with friends?
- What happens when friends are gaming or on social media?
- Where will devices be stored or charged?
- What happens at Grandma's house or when a babysitter is here?

6 REPLACE SCREENS WITH SOMETHING BETTER

Removing a screen creates empty space. Fill it intentionally. Make the alternatives easy to reach and easy to enjoy: books, board games, art supplies, bikes, sports, music, hobbies, time outside, family walks, cooking, or simply being bored long enough for creativity to return.

LESS OF THIS

- ☐ Gaming
- ☐ Scrolling
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MORE OF THIS

- ☐ Board Games
- ☐ Family Walks
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

7 WHEN THINGS DON'T GO PERFECTLY, RESET

Expect some bumps. A broken rule or difficult day does not mean the plan has failed. Stay calm, return to your boundaries, adjust the system if needed, and keep moving toward the healthier family culture you are building.

BUMP → CALM → ADJUST → KEEP GOING

The goal isn't simply less technology.

IT'S RECLAIMING REAL LIFE FOR YOUR FAMILY.

SUMMIT MINISTRIES

TECHRESETBOOK.COM