

# 18 RULES OVER TECHNOLOGY TO KEEP GOD'S LIFE

- ✘ 1- On sacred grounds and during sacred events, turn off your device.
- ✘ 2- Half an hour after morning prayers and before night prayers, no technology.
- ✘ 3- The neighbor you are with is always more important than the one on the device.
- ✘ 4- No device at the dinner table.
- ✘ 5- Do not give children any smartphone, tablet or computer.
- ✘ 6- Without your presence and supervision, no technology for children.
- ✘ 7- Always assume that children know more than you about technology.
- ✘ 8- No internet connection without its report, and no device without its filter.
- ✘ 9- Except for business reasons, stay away from social media, video games and virtual reality.
- ✘ 10- Do not take picture of people without their consent.
- ✘ 11- Never take selfies.
- ✘ 12- Do not blame people for not responding, respect them and never harass them.
- ✘ 13- Do not be a contact detail passer.
- ✘ 14- While in public, avoid calling, surfing, and texting without necessity.
- ✘ 15- Do not shout when you are talking on the phone.
- ✘ 16- Do not multitask.
- ✘ 17- Do not forward without necessity.
- ✘ 18- Disconnect as much as you can, and contemplate this reality and its Creator.