

# Guarding Hearts & *Minds*



Biblical Discernment for a Media-Saturated World

SESSION 1 : HOW SCREENS SHAPE THE BRAIN

# EMERALD HOUSE PROGRAM GUIDELINES

## Safe Environment

No drugs, alcohol, weapons, or harmful media are permitted. Choose what is uplifting and good.

Staff can guide regarding safe media (includes movies, books, magazines, and music).

*“Whatever is true, whatever is noble, whatever is right, whatever is pure...think about such things.”*

*– Philippians 4:8*



# SESSION GOAL

Understand how screen time shapes thinking and behavior, and how to guide it



# SCREEN TIME GUIDE BY AGE



# BRAIN BUILDER OR BRAIN DRAINER



# MAX & RUBY



# CLOUDY WITH A CHANCE OF MEATBALLS



# USE THIS WEEK

## Preschool Screen Discernment Checklist

This checklist is a simple tool to help you pause, pay attention, and guide with wisdom.

The goal is not perfection. The goal is to watch wisely, guide intentionally, and help your child understand what they see.

*Before You Press Play...*

**PRESCHOOL SCREEN**

DISCERNMENT CHECKLIST



|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>CHARACTER BEHAVIOR</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Are rude or disrespectful characters portrayed as funny or loveable?</li><li><input type="checkbox"/> Are parents, teachers, or authority figures mocked?</li><li><input type="checkbox"/> Are good behaviors celebrated or portrayed as boring?</li><li><input type="checkbox"/> Are lying, sarcasm, whining, or tantrums rewarded?</li><li><input type="checkbox"/> Would you want your child repeating these words or copying this behavior tomorrow?</li></ul> | <p><b>EMOTIONAL TONE</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Does the media create peace or overstimulation?</li><li><input type="checkbox"/> Is the pacing frantic and hyperactive?</li><li><input type="checkbox"/> Does it encourage fear, anxiety, or chaos?</li><li><input type="checkbox"/> After watching, is my child calmer or more dysregulated?</li></ul> <p>★ Children absorb emotional tone. It shapes how they feel and react.</p> |
| <p><b>SPIRITUAL DISCERNMENT</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Are occult or magical themes normalized?</li><li><input type="checkbox"/> Is spirituality presented apart from God?</li><li><input type="checkbox"/> Is evil portrayed as harmless or entertaining?</li><li><input type="checkbox"/> Does the content encourage fear or fascination with darkness?</li></ul>                                                                                                                                                    | <p><b>VALUES &amp; WORLDVIEW</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Is selfishness celebrated?</li><li><input type="checkbox"/> Is rebellion portrayed as courageous?</li><li><input type="checkbox"/> Are truth and consequences taken seriously?</li><li><input type="checkbox"/> Are characters encouraged to take responsibility?</li><li><input type="checkbox"/> Does the story promote compassion and self-control?</li></ul>            |
| <p><b>LANGUAGE &amp; HUMOR</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Is disrespect disguised as comedy?</li><li><input type="checkbox"/> Are crude jokes included for adults?</li><li><input type="checkbox"/> Are biblical or moral ideas treated mockingly?</li><li><input type="checkbox"/> Does the dialogue encourage gratitude, kindness, and honesty?</li></ul>                                                                                                                                                                | <p><b>PARENT NOTE</b></p> <p>Many shows and movies can be watched together when parents guide the conversation. Help your child notice both good and bad behavior by asking questions such as, "Was that wise?" "Was that kind?" and "What could the character have done differently?"</p>                                                                                                                                                                                      |

 Train up a child in the way he should go, and when he is old he will not depart from it." *Proverbs 22:6*

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