

Faith Formation in the Age of the Selfie  
Part I  
Devices, Discontents, Desires  
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The Plan for these Webinars

Part I (Wednesday, Jan. 24)	Part II (Monday, Feb. 5)
• Stats and Data	• The Spiritual Problem
• The Communal Problem	• What can we do?
(30min)	(30min)
Q & A	Q & A
(30min)	(30min)

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Do you *have* a device, or does it *have* you?



Source: @ideas.fr via amazingthings on Facebook

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### What are we up to with our devices?

Source: <http://www.pewinternet.org/2015/04/01/us-smartphone-use-in-2015/>

**Some Features are Popular With a Broad Spectrum of Smartphone Owners; Social Networking, Watching Video, and Music/Podcasts are Especially Popular Among Young Users**

% of smartphone owners in each age group who used the following features on their phone at least once over the course of 14 surveys spanning a one-week period

Feature	18-29	30-49	50+
Text messaging	100	98	92
Internet use	98	97	90
Voice/video calls	95	92	84
Email	91	87	87
SNS	91	77	55
Video	78	48	31
Music	64	39	21

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### Younger Users More Likely to Use Their Phone for Preventing Boredom, Avoiding Others, Getting Somewhere

% of smartphone owners in each age group who used their phone for the following reasons at least once over the course of 14 surveys spanning a one-week period

Reason	18-29	30-49	50+
Avoid being bored	93	82	55
Avoid others around you	47	32	15
Find a good way to get somewhere	57	37	33

Source: <http://www.pewinternet.org/2015/04/01/us-smartphone-use-in-2015/>

What are we trying to do with our devices?

Boredom  
Sartre &...  
Directions

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### 168 Hours in a Week

- Time using devices per week: 50hrs
- Work week: 40hrs
- Sleep: 49hrs (7hrs/night)
- Personal Care (eating/bathing/dressing/prepping food): 21hrs (3hrs/day)
- Total = 110hrs
- 58hrs/week for everything else
- 50hrs using devices
- = 8 free hrs in a week for....?



Source: @9600-fr via amazingthings on Facebook

Source: Nielsen Q1 Total Audience Report 2016 (<http://www.nielsen.com/us/en/insights/reports/2016/the-total-audience-report-q1-2016.html>)

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### Concerning Usage Data

- 89% of adults report using their phone during the last social gathering they attended
- 82% believe the way they used their phones in social settings was hurting conversations and thus relationships
- Rule of 3 phenomenon
- 40% decline in empathy among college students
- 12yr old students have empathy capacity of 8yrs olds (Turkle, *Reclaiming Conversation*)
- A phone, even upside down and off during a conversation is a powerful distraction, because it signals that we could always be "elsewhere" –Turkle

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### The Bondage of the Will – Device Captivity



"We almost forget that ten years ago, there were no smartphones, and as recently as 2011, only a third of Americans owned one. Now nearly two-thirds do. That figure reaches 85 percent when you're only counting young adults. And 46 percent of Americans told Pew surveyors last year a simple but remarkable thing: They could not live without one. The device went from unknown to indispensable in less than a decade."

Andrew Sullivan, "My Distraction Sickness—And Yours" [nymag.com](http://nymag.com) 9.18.16

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### Social Media's Collateral Damage

Steals more than our time, but also our souls...

- Addition – "likes" = winning at slots; dopamine hits; always need the high
- Anxiety – comparing oneself to others (*The Happiness Effect*)
- Projecting an idealized image – the tyranny of being interesting (Dos Equis)
- Polarization and broken civil discourse – naming, shaming, labeling, bullying
- Loneliness – the great irony: greater connectivity does not lead to greater connection; performing for the other (watchableness = worthiness); alone together (Turkle) – we're always using in the presence of others

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## Sherry Turkle on Devices and Relationships

"A 15-year-old boy told me that someday he wanted to raise a family, not the way his parents are raising him (with phones out during meals and in the park and during his school sports events) but the way his parents think they are raising him — with no phones at meals and plentiful family conversation. One college junior tried to capture what is wrong about life in his generation. 'Our texts are fine,' he said. 'It's what texting does to our conversations when we are together that's the problem.'"

"We face a significant choice. It is not about giving up our phones but about using them with greater intention."

"Stop Googling: Let's Talk." NYTimes, 9.27.15




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## Q & A Discussion

- Let's focus on **your ministries**:
  - What **challenges** are you facing regarding what we've discussed so far?
  - What **solutions or strategies** have you employed (perhaps we can reflect on some "best practices")
  - Keep in mind all this affects families, singles, kids, college students, older adults, men, women – in other words, everyone in your congregation

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