



Impact 360
INSTITUTE

Impact 360 Fellows Technology Policy

Dear Parents and Students,

More and more, we are living within a technology saturated world. There are so many good things that come from this! Unfortunately, there is also a lot of harm when we do not know how to handle technology in a healthy way; when it is a tool to help us become who we want to become rather than detract this. Through our Gen Z research, we are faced with the truths of this reality. We found that 57% of interviewed Gen Z individuals utilize screen media for 4+ hours per day. We also saw that 39% of those interviewed said that "looking at other people's posts often makes me feel bad about the lack of excitement in my own life." Janis Whitlock, who served as Director of the Cornell Research Program on Self-Injury and Recovery, stated:

*"If you wanted to create an environment to churn out really angst people, we've done it... they're in a cauldron of stimulus they **can't** get away from, or **don't want to** get away from, or **don't know how** to get away from."*

Not only is technology impacting the way that Gen Z thinks about themselves and copes with the world around them, it also impacts the way that Gen Z *thinks* about the world around them. The Journal of Individual Psychology stated that "their [Gen Z's] capacity for linear thinking has been replaced by a new mode of thinking, in which they need to take in and dish out information in a fast, disjointed, overlapping manner." This is the effect of all of the stimulus that is constantly bombarding Gen Z from technology and social media.

From this research, and from what we have observed with working with young adults since 2006, we have taken some measures to help coach this next generation in how to engage with technology in a healthy way. We implement "Tech Fasts" and scheduled times where technology is not allowed so that allow our students to fully engage with the content, experiences, and community that occur throughout the 9 months. These times occur during:

- Monday-Friday students will be required to leave their technology in their rooms from 8:50am - 1:30pm
- Welcome Week
- Utah
- Spiritual Rhythms
- Utah
- International Immersion
- DC

During Welcome Week and our peak experiences, students will turn their phones in to a designated, secure location in order to fully participate in the scheduled programming and gain the most out of experiential opportunities without distractions. Should parents need to get in touch with their student, we welcome you to call the main office. Thank you for partnering with us in cultivating leaders who follow Jesus!

Sincerely,

Impact 360 Fellows Team