Personal Cyber Assessment

Cyber Usage:
1. Apart from what is required for work or school how much screen time do you have each day?

2. How many times a day do you check social media?

3. Do friends or family members comment on your excessive use of screen time?

Cyber Content:
1. Do your cyber habits pass the worldview decision filter test?

2. Do you ever feel you have to hide what you are looking at from your friends, spouse or children?

3. Do you spend equal or greater time with God in prayer, study and spiritual enrichment as you do with other content?

Cyber Accountability:
1. Do you have safeguards and standards in your home for your family?

2. Is there another person who has access to your habits and content that will hold you accountable?

3. Do you have a cyber-strategy so that your use of technology will be used for the Glory of God by what you viewing and posting?