

BCL Ep. 336 JOMO > FOMO: Raising Kids Who Aren't Ruled by Screens with Christina Crook

You have no doubt heard of FOMO, the fear of missing out. It's a real pressure that most everyone feels today of not doing enough based on a lot of external expectations. Our guest today turns this idea on its head with her insightful and inspiring encouragement to pursue JOMO, the joy of missing out.

Living intentionally and making space for what matters most, where technology finds its rightful place and there is margin for deep thinking, quality time as a family and soul enriching experiences. You ready for some encouragement? Join us for this episode of Basecamp Live. Mountains, we all face them as we seek to influence the next generation.

Get equipped to conquer the challenges, summit the peak and shape exceptionally thoughtful, compassionate and flourishing human beings. We call it ancient future education for raising the next generation. Welcome to Basecamp Live.

Now your host, Davies Owens. Welcome to Basecamp Live, Davies Owens here with you. We're in the midst of a summer series of looking back at some of the best ever episodes of Basecamp Live, but we're gonna take a break on this episode and jump into a brand new segment with a new friend, Christina Crook, who has this wonderful and creative solution to FOMO.

She calls it JOMO. We're gonna jump into that in just a second. As always, just wanna give a shout out to many of you and an invitation to reach back out.

It's always good to hear where you're listening from. It's been a while since I've asked that question, but I'm always curious, especially as I know there are many people internationally that listen to Basecamp Live. If you're outside the U.S. borders here domestically, let me know where you're listening from, info at basecamlive.com. Just so excited to see what God's doing literally around the world, especially with the renewal and growth in classical Christian schools.

It's always exciting to hear what's happening. I know many of you are in schools that are in startup mode, brand new in the first couple years. A lot of prayers going out to you.

That's noble and important work, and we'd love to hear from you as well. On this episode, a quick shout out to Jeff Johnson, headmaster at Bradford Academy in Mebane, North Carolina. Appreciate you, Jeff, being a part of the Basecamp Live family, listening with your parents as well as part of the Zipcast community as well.

I am so excited to give you a chance to hear from Christina Crook. She is a leading voice in the digital wellbeing space, again, founder of what she calls the Jomo Campus. It's a formation-based program helping Christian schools around the U.S. navigate the challenges of growing up in a tech-saturated world.

Christina's the award-winning author of *The Joy of Missing Out* and *Good Burdens*, which offers readers a path towards greater intention, presence, and joy. She's a speaker, a writer, and curriculum developer. She helps parents, educators, and students reclaim their time and attention for what matters most.

I don't know about you, but that sounds like a topic we would all benefit from. She has been featured in *The New York Times*, *Psychology Today*, and is on stages where she speaks for World Vision and at Virginia Tech and places all around the country. So really excited for you to hear from Christina.

Before we do, just a quick shout out and thank you to our sponsors for this episode, Wilson Hill Academy and Life Architects Coaching, and of course, our team here at Zipcast, where we hope this upcoming school year, if you're in a school that's not a part of the Zipcast community, we'd love for you to join us. It's just a great way to really kind of extend what we do with Basecamp every week, where we get to be a part of your school community, where your school gets to put their own words, news, and announcements, updates, more segments that are customized than ever into their Zipcast along with national syndicated content. So always excited to share that fun and important resource with you.

But without further ado, here's my conversation with Christina Crook. I will have already, I know you've got a bio on your site, but if there's, yeah, I know, yeah, if there's an updated bio or photo, you could send that to me just to make sure we have that and anything you want in the show notes. Okay, all right, here we go.

Three, two, one. Well, Christina Crook, welcome to Basecamp Live. Thank you so much for having me.

It's great to have you here. I can't wait to hear your story and this whole idea of Jomo. Tell me a little bit of any of your mom.

How did you get into the world of talking about this very important topic? Yeah, so I began my career with the Canadian Broadcasting Corporation. So to anchor things a little bit in time and space, I am Canadian, born and raised on the West Coast of Vancouver, now based in Toronto, but I started my career early on at the CBC. And it was really my college education and my early experiences in my professional life that had me pretty keyed in early on to the emergence of social media and its impact both on individuals and the wider society.

So I was sort of always looking at the trade-offs. Okay, great, this new product, this new platform is coming to market, but what are the trade-offs? Where is that time coming from? What is this? I was always asking those questions and you'll kind of love this in the classical space, I think, we joked already before we started recording about the fact that we both have a rotary phone and a typewriter in our office. My grandmother was a newspaper clipper.

So, you know, the old timey, like have the newspaper and see something that's interesting for

someone and then like physically clip it out and then save it for me. You know, the next time she saw me, like the original cut and paste sort of thing, the original share feature. Early in my career, I was sort of clipping like articles about social media and commentary on its impact on culture, theology, all these different things.

And we moved from Vancouver to Toronto and sort of in one fell swoop, all of my relationships or like 99% of my relationships were all of a sudden mediated in some way by the internet. So where I had hyper close relationships, obviously family, friends, you know, a lifetime to that point of close relationships, I had one friend in Toronto. And so I started to notice that I was developing a very voyeuristic relationship with my loved ones back home.

It was the early days of Facebook. I was sort of creeping, as we used to say, lurking on people's walls to kind of see what was going on in their lives instead of going through the more meaningful effort of picking up the phone or even texting or emailing or writing a letter, imagine that. And so I had a growing discomfort with my own personal relationship with the internet.

And because I am a pretty curious person and I come out of a journalistic background, I wanted to do an experiment, which was to completely disconnect from the internet for a chunk of time. Originally, the idea was to be offline entirely for a year. And my family completely freaked out.

They were like, absolutely no way. Like we have young kids or like we wanna see photos of the kids. We wanna stay more connected.

I was like, okay, okay, okay. So I pulled it back and I did a 31-day fast from the internet. And it was called Letters from a Luddite where I used this older technology of the typewriter to write a letter to the same friend every day.

And I pulled out all of those clippings and started to reflect on that experience of living in a very hyper-connected world, but being entirely disconnected from the internet. So that led to the writing of the book, *The Joy of Missing Out* and all the work that followed after that. What a great.

All I wanna know is, did they type it back to you after that or did you just get a one-way conversation? Yeah, yeah, yeah, yeah. It was a two-way conversation. It was with one of my oldest friends, Marissa, and she hand-wrote me.

She hand-wrote me back. But definitely it was a correspondence. I know.

Yeah, I mean, that's a whole nother topic. Our family has a box from my grandfather where he hand-wrote notes to my grandmother during World War II. And I thought, you know, we just have no, there's gonna be no record going forward of any real conversation because of just the platform.

So all that to say, so you're in this 31-day kind of digital detox just realizing, wow, there's a

world outside. And this sounds like it was even earlier before all of the algorithms got so crazy as they are today. And you came up with the idea of JOMO.

So I take it it's obviously playing off of FOMO, which I think we hear a lot about, fear of missing out. So talk about where'd the term come from and how do you see it as being different than FOMO? Yeah, I think for those who, you know, come from a faith tradition, it really is a God story. There was a God acting part of this story.

So as I mentioned, I wrote those letters. My first publisher reached out to me to expand off of a series of essays I had written into a book. That book had a title.

The original title was Digital Detox. In the meantime, a California-based adult unplugged camp had trademarked the term Digital Detox. And we received a cease and desist letter like two months before publication date.

And we would have won in court, but we decided to pivot. And it was actually my publisher that brought the title, The Joy of Missing Out, to me. I'd never heard of the term.

Most people assume that I coined the term JOMO, but I always give credit where credit is due. And it was an ethical tech advocate and also a pretty famous tech entrepreneur named Anil Dash. So Anil Dash had this correspondence with Katerina Fake, who's one of the founders of Flickr.

And him and her were sort of blogging and responding to one another. And so he coined the term JOMO. And my publisher brought it to me.

And it was like such a pivotal change in my story because detox, of course, is automatically has a negative connotation. It's about the removal of something. Whereas joy, the joy of missing out, yeah, it's missing out, but it's like, what are the joys we can enter into when we mindfully use technology or when we intentionally disconnect from the internet? Well, it's a great term.

And I think, just wanna highlight a point you made, which is so important, that so often we well-intending folks who are trying to curb the amount of digital influence in our life come at it with a very negative tone and it's dismissive and it loses. There is positive on technology, but there's also something, I think the point here is that the idea of joy is something that's gonna win us over to something better. And so one of your phrases is to make space for what matters most.

So help us think, why is it a joy? Why do you lead with joy? And what are those things that are making life joyful compared to just eyes down on a screen? Yeah. Yeah, so I wanted to touch on two things, shame and joy. So we know from the work of Brené Brown and other shame researchers, that shame is a cycle.

We're not gonna shame people into better behavior of any kind. We're not gonna shame anyone to better digital behavior. I know it doesn't work for me when my husband's giving me the side eye when I'm watching my third episode at night as I'm trying to go to sleep, right?

Same thing when I give the side eye to my daughter who has most recently started to tiptoe into Snapchat.

And I've got like clearly some critical ideas about that. So we're not gonna shame people into better behavior. And so there's a saying, you catch more bees with honey.

And when you ask people what brings them joy, you ask teenagers what brings them joy, it's not a question they get asked that often. They will talk about hanging out with friends. They will talk about creative practices.

They will talk about being out in nature. They will talk about active things that they engage in. And really what we're trying to do at Jomo, at Jomo campus is to help people identify what those things are and to make more space for them.

It's all about what we're moving towards. Yeah, which I love. And we're gonna take a break in a moment and really get into what we're moving towards.

But just so everybody, I think in general is pretty aligned to, there are definitely deep and dark pitfalls with technology. And I think even in our classical, again, most folks listening are very intentional. I know that's an important word that you use and we would wanna use as well.

And I often hear parents, for instance, say, well, they've been in a classical school all day, it's no tech, and they've been working so hard. So when they get home, first thing they do, of course, they wanna go get on the game system or they're gonna get on their phone because they deserve a little relaxation time. So it's interesting how even very intentional parents can somehow allow just sort of this wide open door of the digital pitfall rather than elevating something like going outside or more edifying.

So I guess you see that too, just sort of sometimes we almost try to use it as allowing compensation, which creates the same problem. Absolutely. I think when kids are really small, parents see TV as a seatbelt, right? If you wanna get your kid, you wanna have a shower and you want your kid to sit still, you'd like put the TV on and put a blanket over top, it's like a seatbelt, right? And then they're gonna like stay stationary, right? Very early on, we kind of get into these habits of using technology as a kind of filler, as a kind of babysitter.

Families where there's two working parents, that practical reality of that transition from kids are getting home from school maybe earlier than their parents. And so what do they do in that transition time? They're real considerations. And then it's interesting because obviously this is a classical audience, but in the public schools where there might be a lot of technology being used, right? We actually want to give, our kids are in public schools.

One of them is about transition to a school more like the ones that you're representing. But we want them to actually have that technology break because they've actually had quite a bit of access during the day. So it's almost a reverse problem, but yeah, we'll be getting into more of those specifics sounds like in a little bit.

Great, well, let's take a quick break and come back because I know folks are curious. I mean, the question we always get is, well, how young is too young to give them a smartphone? I mean, so we'll get to some practical questions like that, but I want to just really give you a chance to paint this picture of a really, a more beautiful way of life, which I think we're all hungry for, especially adults. Because we talk about the kids like it's just them, but you know what, we're just as susceptible.

So we're gonna hear more about that right after the break. Hey, Basecamp Live listeners, a recent Pew research study revealed that only 30% of millennial and Gen Z parents live within a 100 mile radius of extended family. That means that many families are missing the wisdom and support of older generations.

And more than ever, we need strong, consistent school communities to walk next to us providing rich connection and helpful weekly tips. That is exactly why I created Zipcast. Zipcast gives schools a proven platform to communicate more personally and effectively with their parent community.

Imagine as a parent receiving a short weekly audio message from your school leadership, not just announcements, but real insights into what's on their hearts and minds paired with practical wisdom from national parenting and educational experts like Keith McCurdy and Justin Early, along with experts on classical Christian education. We even include short testimonials and parenting tips from fellow parents all around the country. You can listen anywhere and at any time.

And now with Zipcast 2.0, schools can customize their messages even more, offering a truly personal and engaging way to build connection and shared vision. If you're a school leader and not yet using Zipcast, I wanna encourage you to consider it for the 25, 26 school year. And if you're a parent at a school that is not yet using Zipcast, take a moment and encourage your leadership to explore it.

It's easy to use, affordable and effective. And in today's fast paced world, Zipcast is a proven tool used by over 60 schools this past school year to deliver encouragement, insights and connections in just 10 minutes a week. We like to say it's about encouraging you on the go with what you need to know.

Check it all out at zipcast.media to hold your spot as we have limited spaces available for the upcoming school year. I want to take just a moment during our break and let you know about the great work that's being done by Wilson Hill Academy. They offer a vibrant, rich and accredited classical Christian education available to families and schools almost anywhere.

With a click of a button, students join master teachers and friends live online from all over the world to engage in deep and lively discussions, solve math problems, conduct science experiments, translate Latin, deliver thesis presentations and so much more. At Wilson Hill, students make lifelong friends and graduate well prepared for college and beyond. Discover

what's possible for your family or school at [wilsonhillacademy.com slash Basecamp](http://wilsonhillacademy.com/slash/Basecamp).

Christine, I think there's so many practical questions and obviously every family is different. I know some kids, they would love just to go play outside all day and they could care less about it from other kids. The minute they see something glowing, they're immediately drawn to it like a moth to the flame.

So it's hard sometimes just to make generalizations for every family, but give us some practical wisdom. I know Jonathan Haidt's book, *Anxious Generation*, really has stirred up a lot of conversation. We all recognize the dangers of digital experiences over embodied experiences, but what wisdom? If a parent just goes, what do I do, Christina? What do you typically say as far as just guiding principles? Yeah, so good.

So I mean, so for those who haven't read Jonathan Haidt's book, *The Anxious Generation*, he advocates for four key norms, what he calls the four norms. So a delay to use of social media, first smartphone, and then really advocating for more responsibility in the real world, which I'm a huge fan of. He also talks about building more phone-free and more playful schools.

So I think his timelines are pretty good. It's the first phone right at the age of 14, social media at the age of 16. And I think we can agree to disagree on the exact timeline of that, but I think it's been really helpful to have those sort of like direct ages because no one till that point had really come out and said like, okay, this is the age.

For some context, my husband and I are raising three kids. Our son, Caleb, is just turned 12. Our son, Thomas, is 13.

And then our daughter, Madeline, is 15. And so, you know, they're all very different personalities. Like I love that you highlighted that in terms of our decisions.

We haven't told our kids, okay, on this birthday, you can expect to have X device put into your hand. It's absolutely, they have very different dispositions, responsibilities, activities. So yeah, I think you need to really build as a family of values-based approach technology.

So as a family, we have, and I would encourage other families to go through a similar process of defining what do you want your family to be known for? What do you value as a family? And from there, make the decisions around how you use technology or you don't use technology. So for example, we as a family have defined that our core values are courage and peace and generosity. And so when we're making decisions around how much time we spend online, the ways in which we engage online, how are they honoring, respecting, affirming those core values? Is it making us more brave? Is it helping us be more generous? Is it instilling a deeper sense of peace? Are we being peacemakers in the world? Are we just sort of like shutting off? So what I love about your work and just the classical work at large is it is really building a philosophy and many times a theology of our approach to the world.

And I think having a clear philosophical approach to technology is really the way because

technology is constantly changing. Like we can get into some tactical, practical strategies, but ultimately those could change tomorrow or six months from now or two years from now. Well, I think it's a really important point.

Like so many things in life, whether it's diet or exercise, it's like, I think we can usually articulate what we would aspire to and then we're stuck in actually what happens. And by defining it as you're describing, I think is a first step. It's like if you really wanna live in a place where things are not hurried or frantic or in there's margin and where we celebrate things like, I know a lot of families, it's Friday night game night.

Like they've built rituals into their families that then it's not a theory of we should go do something, but this is a practice. And it's to your comment earlier, it's beautiful and joyful. And so I always say, it's like if you wanna raise kids with a bowl of Froot Loops or a bowl of steak and potatoes, if you only serve Froot Loops, that's what they're gonna think is normal.

So at game night, the families that do it as an example are obviously finding that's a really joyful, fun time with family and friends. And now all of a sudden, their appetite is shaped in that direction. So yeah, talk more about just things you see that are both goal setting and just practical ways to create those habits.

Yeah, through the work of Jomo Campus, I lead a company called Jomo Campus where we serve schools through digital wellbeing programs and also through my second book, Good Burdens. We talk a lot about sort of shifts we wanna make. So the better than, so we wanna spend more time creating than we are consuming.

We wanna spend more time together than we do alone. We wanna be more active than we are passive. And so I think when it comes to technology decision-making, anchoring back to those things is a really helpful frame in terms of resetting.

Cause I think for families, we set these certain parameters. And I know with my family, it's a minimum of every two months, we're doing a total tech reset. We're in the middle of one right now.

I feel like every time I'm on a podcast, there's a reset happening, but we've reset again to absolutely no television during the week and only two hours on Saturday. There was kind of a bleed in afterschool watching and we want our kids to be reading more. We want them to be bored more.

We love doing more homework. And again, we're framing back to those values and also those core shifts of, are you actually creating more than you're watching? So maybe you're watching a lot of creative YouTubers, which we have as a parents, like we bet all of those channels and our kids understand that before they're allowed to watch. But my 13 year old son has gotten really interested in drumming.

So he's watching a lot of drummers, right? And learning, observing the practice of drumming.

And he's now asking for us to at least rent a drum set. And it is moving towards a creative practice, but if it's not translating from the consumption into the creation, then that for us is a flag.

It needs to be moving in the right direction. It sounds like, you know, there's some, like Andy Crouch talks about the difference in leisure versus rest, like the idea of a biblical rest. There's another term, skole, which we've talked about on the podcast often.

It's an ancient Greek term that really means restful contemplative learning. And it's actually like the word school comes from the original Greek, you know, the skole. Ironically, it's the opposite.

Most schools today are busy, kind of, you know, industrial, high tech. And yet the idea of resting intentionally and unhurried and deep thinking and sort of creating appetites for something that is not rushed for our families is so important. So it sounds like that's really a lot of what you're, you're just both setting standards or goals for what your family celebrates and where you spend your time and then listening for where your children, like your son drumming, has an interest and a passion that's outside of technology and sort of pursuing that as well.

Absolutely. You know, when we talk specifically to parents, I know a lot of you listening and maybe all of you listening are parents. We ask parents, what do your kids love? What actually brings them joy? And it's interesting because it often does give some parents pause of like, oh, I haven't really considered that question.

Or if I have, it's been a really long time. And, you know, orienting your kid's time schedule, right? Towards the things that, you know, bring joy and life actually gives the opportunity to crowd out in, I think, a healthy way, not an over-scheduled, you know, no margin way, but a healthy way. There's not a lot of time left, right? For just passive scrolling on a phone or binging, you know, YouTube or Netflix.

Yeah, and I think as kids get older, and I know this is a big piece of the work we do at schools, is helping students actually set goals. So what is it that you actually wanna achieve? What is the direction you wanna move towards? And again, using technology as a tool to support those overall goals. So when we go into a school and we ask, you know, students, we want you to imagine that it's graduation day.

Congratulations, you've just graduated from X Classical Academy. You're looking back at your time at the school and you have absolutely no regrets. What did you experience and what did you accomplish while you were at that school? And kids will kind of get this, like, far-off look in their eyes and their thinking.

And I always encourage them, don't make it all, like, practical or academic. Like, maybe you want a girlfriend. Maybe you want a job.

Maybe you wanna try out for this team. Great, okay, you've got a picture of that. How now is

your technology use, like, the way you're currently using all your different technologies, supporting those experiences or those goals? They're like, hmm.

Yeah, exactly. Hmm. Right, well, yeah, it's, you know, without a vision, the people perish.

Like, what might the good life look like? You know, what does joyful life living look like? And you talked about the Luddites earlier. I mean, I think, you know, I keep thinking things are very ripe right now for really this kind of counter-revolution, almost, of young people saying we're gonna, and I think it's happening, taking pride, and we're just, we're gonna have an evening, you know, doing game night again, or we're gonna go to our school, and the school's gonna just have a tech-free environment where we're gonna play basketball or play games, or just creating those spaces that are in the norm of the community. I wanna take a break and come back, because one thing, it seems pretty obvious, but I'd love to hear you talk about how to make this happen.

The obvious to me is that we are communal beings, and if we're the only kid in our fifth grade who doesn't have a smartphone yet, that's a lot of pressure on that particular parent. And it's that way across everything. You come to school, and you're the one kid that didn't get to play the video game.

So we have this tension of, by human nature, we wanna fit into our community. So how do we work in a communal sense with other families? And beginning with our own family, obviously modeling it well, but then finding other families that we can, quote, do life with in a low-tech, Jomo kind of a way. So I'm curious, how do we do that well in terms of setting the standards, not just for ourselves and goals for ourselves, but as a community? So let's take a break, and we'll come right back.

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Learn more at lifearchitectscoaching.com today. Christine, I know as humans, it's real hard to be the one oddball parent that doesn't do the thing that everybody else, everybody else in my class does this. One of the, obviously the counter measures to that is obviously finding communities and finding like-minded parents and joining, if not locking arms together to raise a non-tech-consumed child.

So what's some advice and things that you guys guide schools and even individual parents around this idea of doing it together? You know, when we go into schools that are phone-controlled or phone-free and increasingly private schools are, especially Christian private schools, we say to the students, you know, you've been given a gift by your school leadership of having a phone-free environment, and here's why it's a gift. One of the reasons is, we know

from the research that fragmented technology use is much healthier than continuous technology use. So the least healthy way to live with technology is it's the first thing you reach for at the beginning of your day.

It's literally tethered to you all day long. It's on your person, right? And that's the last thing you look at at night. The other thing is, is the iPhone effect study that shows that just the presence of a smartphone diminishes the perceived quality of connection between the people that are present.

So just having a phone out visible, even if it's not upright where you can see the screen, it diminishes the perceived level of quality, the quality of the connection, because we know at any minute someone can reach for that. So there's already a great movement. That's what I always affirm parents and students, like you're already being given the gift by these policies.

I think what's really exciting about private schools in particular is the shared values that are present in a school community and the opportunity for real parental solidarity with one another. So, you know, I think of things like parent packs, through the schools listening, even as your schools come in. I've heard of Westminster Academy here just outside of Toronto.

As parents come in, just what we were saying at the break, that they're making a commitment as a school community to delay first phones to onboard onto social media. And they're kind of using the Jonathan Haidt timelines. I think they're pushing them out a little bit further even, but, you know, obviously you can't hold them to it.

It's not a legal document, but it is a commitment that's being made, you know, as families come in. And a resource I would point schools to if they're not already connected to it is the Smartphone Free Childhood Movement coming out of the UK. And related to that, the Smartphone Free School Movement.

So they've got all kinds of resourcing there around parent packs if you don't formally have one. It's always the good cop, bad cop. It's so much easier as a parent if the school has said, it's just, you know, you gotta wear a uniform and you don't need a phone.

So like, and by the way, we're also creating environments, even during after school hours, where you can just come together and just enjoy old school fellowship and engagement. And those are things I think schools can lead well and parents would, you know, grateful for just the help, having that structure. So that's helpful.

Well, in a few minutes we have left, I'm, you know, just get super, you have some just really practical ways that we can navigate this. And I know I've heard you talk before. I mean, the elephant in the room sometimes is we're all standing there talking about our children.

And the reality is we're the ones that are, you know, as you're waking up in the morning, looking at your phone, going to bed, looking at the phone. I mean, our habits have got to change if we're gonna lead well. But at the same time, we live in a tech world.

So what are just some practical things you've found to kind of mitigate some of that digital distraction? Yeah, there was a study that was done by Dr. Alexandra Samuel around sort of three approaches to technology as parents. And so one are the tech limiters. So those are parents that absolutely limit technology at every turn.

And then there are basically the enablers. So those who, it's kind of a free for all. And as our kids get older, parents kind of start to slide more into that camp.

We start to take more of our cues from our kids as they get older. Really the sweet spot are being digital mentors. Being mentor parents.

So understanding the technologies, even this particular study, which studied more than 10,000 families, found is playing with your kids through technology. So instead of letting it all go or limiting it entirely, that sweet spot of understanding what the platforms are before your kids use them and even playing with them through technology. So I'll just sort of say that.

Now we'll get into some of the more practical things. Okay, going grayscale. Grayscale is taking the color off of your device.

So if your kid has a device or you've got maybe some personal challenges around technology use, you can go into accessibility settings and toggle it to black and white. Basically, and forgive me for saying this, but it's the best way I can describe the experience of going grayscale. It makes your phone just really unsexy.

It is like not interesting to look at. There's no color. It's just like really, really, really boring.

So- I'm thinking about my Palm Pilot and my Palm Pilot in the 90s, that was the green, that I'm really dating myself, but nobody stayed up addicted to their Palm Pilot. I mean, it was just a very boring, functional utilitarian way to make the device, which is great. I love the idea.

Absolutely. So that's one related to the phone. If you do not already have an alarm clock, go and buy one.

I mean, Amazon, I'm not a big fan of Jeff Bezos, but if you need to do it, just get it from Amazon, probably 10 bucks, replace your phone. Do not make it the first thing you look at at the beginning of your day. Definitely, if your kids have devices in their bedrooms right now, take them out today and replace them also with an alarm clock.

Managing notifications. This is something that most kids have never done. If you're not managing your notifications as an adult, also something that you should start doing.

It's again, as simple as going into your settings, going into notifications and turning off banners, badges, any kind of vibration or sound feature. Most apps automatically turn them all on, obviously, because it is to their benefit for you to respond to them whenever possible to increase your usage. So that's notifications.

Smartphone apps or any apps that you use too much, let's say. So it's not just social media. Maybe it's Uber Eats.

Maybe it's, I don't know, another platform that you just wanna spend less time on. Obviously, the power move is deleting that app entirely off of your phone. I talk about adding in mindful friction or digital friction, just making it that little bit harder to get to.

So maybe you still wanna use that platform, but you now have to use it for your laptop or your computer, right? It's got that friction. It's not always accessible at your fingertips. If you do need to leave it on or wanna leave it on, put it in a folder with a creative name.

So like, are you sure? Or sleep is better or toxic material, whatever you wanna name it. I always love hearing people's creative names for their folders. Yeah, but put it one or two swipes away from the home screen.

I love that. Yeah. We don't leave cookies on the countertop for a reason, and I guess that's the idea.

Yeah. Exactly. So again, moving that folder one or two swipes away from the home screen, sort of pattern interrupting, right? If you automatically open your phone and it's sitting right there, now there's a little bit more work that's kind of layered.

So those are a few of the strategies. Well, and you talked earlier about these very, both ambitious and amazing, like let's take 30 days and just 31 days. Eve, I think you've also talked about just taking the Sabbath, which God set aside anyhow for rest and having a digital tech free Sabbath.

I mean, that seems like another step someone could take, but in the right direction. And if that's feeling like too much, then start with half a day. And don't just plan to take the technology away, have a plan for what you're gonna do instead.

Exactly. Right? We know that when you pull something away, it just creates a vacuum. For some people, it actually throws them into a panic to imagine a certain amount of time without their phone in particular, adults especially.

So just have a plan for what you're gonna do with that time instead. Love that. Well, we need more time.

There's so many more things to say, but share with folks a little bit who wanna know more about Gemma and the resources that you have for schools and for individuals. Yeah, the best place to go is to, particularly for families that are listening, is to go to Jomo, that's J-O-M-O campus.com. And we have a dedicated family resource page. So it's forward slash family, jomocampus.com forward slash family.

And you can explore our resources there, that sort of frame of creating more than we consume

together over alone and active over passive. We've got printables there you can put on your fridge and would just love to connect. Love it.

Thank you so much for guiding all of us really in a moment that is constantly changing. And you can imagine what our interview might be like five years from now, we're talking about the holographic 3D AI robot that's distracting our kids. So this isn't going away, we've got to stay ahead of it.

And I appreciate your guiding us and encouraging us to be intentional in our digital habits. Thanks so much, Christine, we really appreciate it. Thanks so much for having me.

Well, you did it, you stayed till the very end of the podcast. Thanks so much for listening to this conversation. And a special thanks to our sponsors who make this episode possible, Classical Academic Press, Wilson Academy, Light Phone and the Classic Learning Test.

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We appreciate you as a faithful listener. Hey, we're gonna be back again next week for another episode. Please join us, we wouldn't want you to miss.