


# THE UPDATE

FOR PARENTS, TEACHERS, AND YOUTH LEADERS AIMING HIGH TOWARD HEAVEN




## MY UTMOST FOR HIS HIGHEST



Love is unselfishly choosing for another's highest good.

— C. S. Lewis —

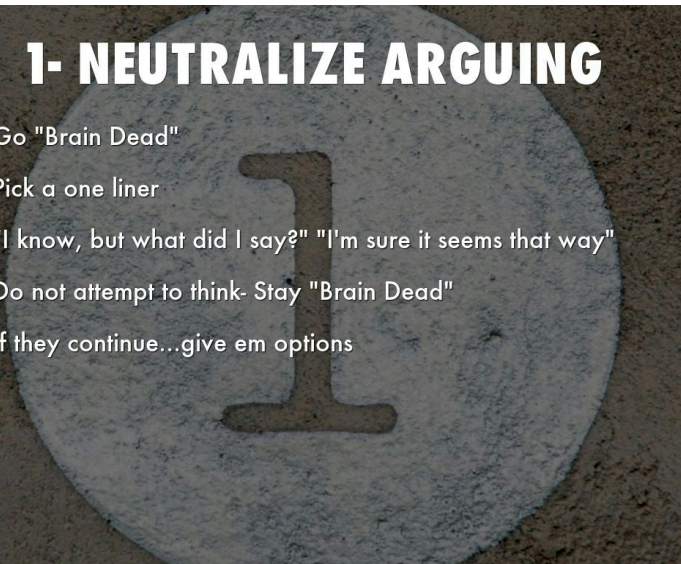
highesteducation.org 

## PARENTING/LEADING YOUTH

Dr. Jim Fay, Love & Logic founder, composed what he calls Nine Essential Skills in disciplining young people and managing conflict. 1 of 9 is:

### 1- NEUTRALIZE ARGUING

- Go "Brain Dead"
- Pick a one liner
- "I know, but what did I say?" "I'm sure it seems that way"
- Do not attempt to think- Stay "Brain Dead"
- If they continue...give em options



### Power Struggle? Neutralize it! Go Brain Dead!

- You don't love me anymore
  - "I love you too much to argue"
- It is not fair
  - "Maybe so..."
- You love her more than me
  - "Mmmm..."
- You don't care
  - "I know..."
- Dad wouldn't do that
  - "Maybe so..."
- I am going to run away!"
  - "I will love you wherever you live."



# CHRISTIAN EDUCATION

"When the truth for these last days came to the world in the proclamation of the first, second and third angel's messages, we were shown that in the education of our children a different order of things must be brought in." (T. Vol. 6, p. 126).  
Dare To Be Different.



# MEDIA LITERACY



### GOING SOCIAL HAS AN ACTUAL CHEMICAL EFFECT ON OUR BRAINS...

## YOUR BRAIN On Social

Tweeting for 10 minutes can raise OXYTOCIN levels in the blood as much as 15%.

**OXYTOCIN**

- Creates feelings of trust and security
- Reduces anxiety levels

CONSTANT NOTIFICATIONS FROM OUR SOCIAL PROFILES AND MOBILE DEVICES ACT LIKE "REWARD CUES."

We are trained to expect information, and receiving that information activates a region of our brain called the **mesencephalic dopamine**.

Our bodies also receive adrenaline from checking in on social media.

This is the same area that is activated when the brain processes feelings about food, sex, and money!

**Making it addictive!**

A SURVEY OF 18-21 YEAR OLDS FOUND: A majority of people found social media harder to resist than:

- Smoking
- Drinking
- Spending
- Sleeping
- Sex

**JUST 5 HOURS OF SURFING THE INTERNET CAN CHANGE THE WAY YOUR BRAIN WORKS**

**AND HOW OFTEN ARE WE ON THE WEB?**

- The average Facebook user is on Facebook **13 hours a year**.
- The average office worker checked their email **102 times a day**.
- The average person switches between devices **23 times an hour**.
- The number of people simultaneously using devices has increased **800%** in just 3 years.

**WHAT EFFECT HAS THIS HAD ON US?**

- The average attention span: **2000**
- 2013**: **12 sec**
- 8 sec**
- The average attention span of a goldfish: **9 seconds**.

**OTHERS CLAIM THAT SOCIAL MEDIA**

- Impairs our brain's ability to read and write.
- Fuels our narcissism (90% of our conversations on social media are about ourselves).
- Diminishes our ability to recall memory (With so much information at our fingertips, who needs to remember anything?).

**SOCIAL MEDIA CERTAINLY REWARDS OUR BRAINS... but is it for the better?**

**SOURCES**

- <http://www.dailymail.com/attention-span-stability/>
- <http://mashable.com/2010/06/05/social-media/>
- <http://newsbusters.org/2010/06/05/90-percent-of-social-media-conversations-are-about-yourself>
- <http://www.dailymail.com/News/2010/06/05/90-percent-of-social-media-conversations-are-about-yourself/>
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**TalkFreeForwarding.com**



# END-TIME OUTLOOK



What I imagine everyone will do in the end  
of the world...

## PEOPLE NOWADAYS



MATTHEW 24:12

SIN WILL BE RAMPANT EVERYWHERE,  
AND THE LOVE OF MANY WILL GROW COLD.

# FINAL WORD

Aim at heaven and you will get  
earth thrown in. Aim at earth  
and you get neither.

*C. S. Lewis*