

TECHNOLOGY GUIDELINES

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IN ALPHABETICAL ORDER

Please note: Each Mosad has its own guidelines and Takonos that must be adhered to. This leaflet serves as minimal advice and should not be seen as a permit to have or use internet for any sort of recreational purpose. It is crucial to take advice from ones Da'as Torah as to whether any given technology or internet use is actually of necessity or not.

The challenge: Technology may be a necessity for many, but it presents both easy, finger-tip access to very inappropriate material and, equally, a continually interrupted and addictive lifestyle which is devoid of the mindfulness and yishuv hadaas required to excel in ruchnius and in building the familial and parental relationships so crucial to ourselves and our children.

TECHNICAL

- Filter passwords should be kept by a 3rd party e.g. TAG to make protection meaningful.
- The best available filters should be used. Free filters are often easily circumvented.
- Filters should be checked every few months for updated versions or better options. This can easily be done by calling TAG and usually doesn't require coming in person.
- Thought should be given as to what access is really required on a given device. For example, if access to certain websites is required on a computer, it may not be necessary to have the same access on a tablet as well.

FAMILIAL

Unless stated otherwise these apply to all technological devices whether they are capable of internet connection or otherwise.

- Teenagers must not have smart phones. Even simple phones can connect to the Internet and these capabilities must be disabled.
- Many MP3 players have the ability to connect to radio and play videos. This need to be taken into consideration when purchasing these devices.
- Computer passwords should be changed regularly and thought be given to the selection of a good password.
- Wi-Fi passwords should always be kept by parents.
- Review the computer, tablet and console, for games that children may have access to. Many modern games contain extreme violence and inappropriate material.
- Carefully consider any programs your children have easy access to. Often, a few minutes of research will provide the information required to decide if it is appropriate for them.

- All devices with internet access, even when properly filtered, should be used only in open, common areas of the home.
- Ideally all technological devices should be shared and not individual to a family member. This will diminish the sense of reliance and enhance the ability to create positive boundaries.
- In addition to filters, time limits should be set on computer use. Most computers have built-in time limits which can be easily configured.
- Be aware of potential issues if children access your phone which holds confidential/personal or sensitive information.

COMMUNAL

- Shuls should be shown particular respect and care should be taken not to spend time with smartphones in shuls.
- Phones shouldn't be used in shuls during davening and learning time (except Hatzola, doctors etc).
- Avoid spending time with smartphones at your table at a Simcha/communal function.

HASHKAFIC

- WhatsApp, whilst it has legitimate and business uses, is one of the apps which most often lead to technological misuse. It captures the attention of its users at the expense of Torah and family whilst the content on its groups is at best frivolous and most often not in keeping with true Torah values. Particular care should be given and one should consult Da'as Torah to see whether using it is appropriate.
- Profile pictures on e-mail accounts/WhatsApp etc are seen by all. Torah values should be reflected in the way we project ourselves and our families. If you would be ashamed to show the pictures to your Rebbe or to a Gadol, don't post it.
- Postings on social messaging platform such as WhatsApp go viral quickly. Sending information on groups should be considered carefully to make sure that it won't cause embarrassment or infringe upon the privacy of other people.
- Create serene spaces in your home devoid completely of technology.
- Family time should be devoted to our spouses and children. Clear boundaries should be set so that smartphones and other devices don't encroach on that.
- During special times, such as the hours leading to Shabbos and Yom Tov, Slichos days and Aseres Yemei Teshuvah etc. extra attention should be given to minimise the use of smartphones and other similar devices to allow for meaningful preparation and reflection.
- Restrict the use of all technological devices for specific kosher needs, such as banking. Don't waste your precious time! It's unnecessary to spell out the dire consequences and we all know horror stories of internet misuse. The more successful we are at escaping from "the net", the better we will get at controlling technology, allowing us to benefit from it without being its prisoners.



Prepared with the assistance of TAG
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