

Mom Unplugs Teens for Half a Year

NEW YORK—When Susan Maushart realized her three teenagers were consumed with digital media, she took drastic steps to get them off the grid. In *The Winter of Our Disconnect*, Maushart describes her six-month experiment of no computers, televisions, iPods, or other electronic devices at home.

After initial complaints, Maushart's kids read more, improved their grades, played instruments, and lingered after meals to talk. Maushart recommends that families institute one screen-free day per week. "There isn't a kid on the planet who wouldn't really rather be playing a board game than sitting at the computer," she says.

Sources: *Associated Press, Boston Globe*

Questions: If you tried this experiment, how do you think you'd manage? What would you miss the most, and why? Would you return to your old habits as soon as the technology break was over? Why or why not? Do you agree that today's teenagers would rather engage in old-fashioned rather than high-tech entertainment? Why or why not?

What form of media or technology has become a necessity—or addiction—for you? How might it be interfering with your life, your relationships, or your relationship with God? If you weren't so plugged in, what would you do with the extra time?