

Screen Time

ROLE & PROPER USE OF DEVICES

Atfal Tarbiyyat Class

February 2025



Majlis Atfalul
Ahmadiyya USA



ACTIVITY



(FOR THOSE ATFAL WHO HAVE A PHONE)

Open up your phone and feel
free to share:

**'What is your screen time
usage per day'**

WHY SHOULD WE
REDUCE SCREEN TIME
ON OUR DEVICES?

DISCUSSION

BENEFITS OF REDUCING SCREEN TIME

- ***Freeing more time for exercise & play***
- ***Better sleep***
- ***Enhanced focus***
- ***Not wasting time***
- ***Socializing more outside***
- ***Better health***
- ***Reduce eye strain***



Always remember that as a Tifl:

-Always prioritize your faith

-Never let your device to come in the way of praying on time

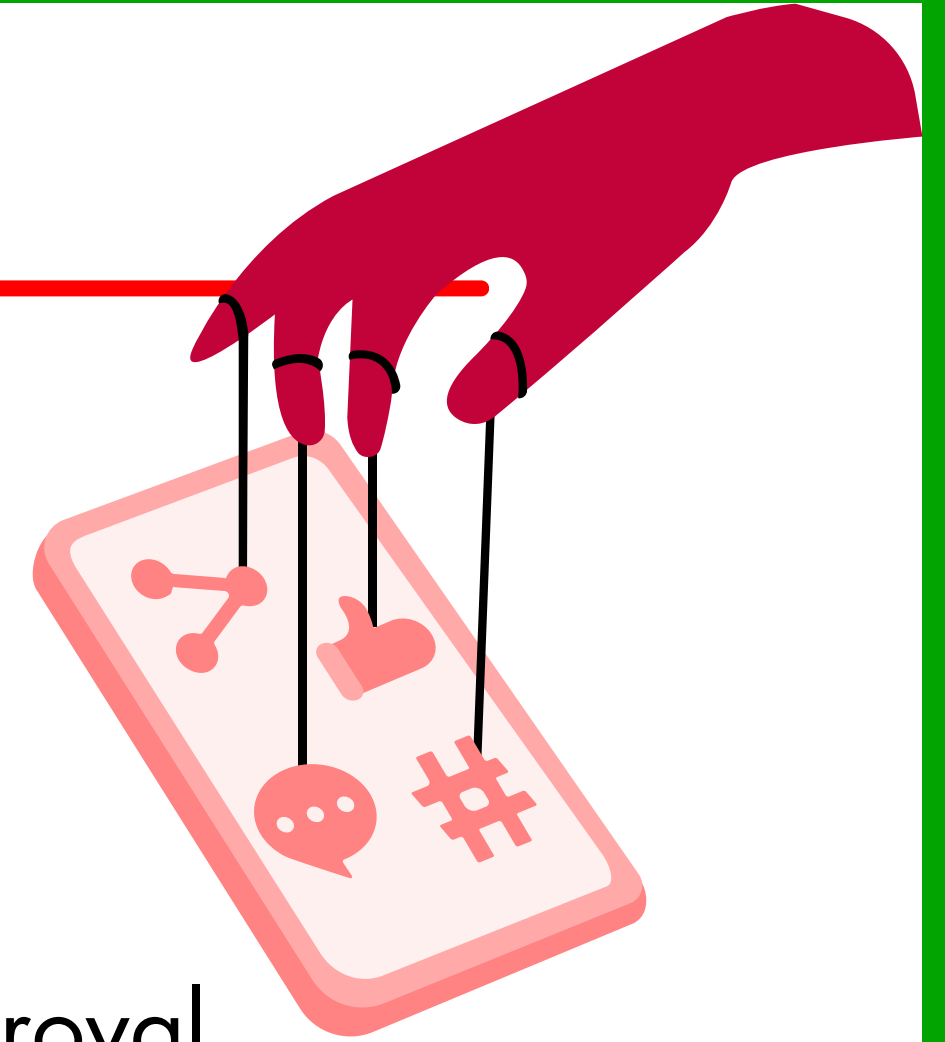
-Ensure to come to the mosque and fulfilling your religious duties.

HOW SHOULD WE USE SOCIAL MEDIA?

DISCUSSION

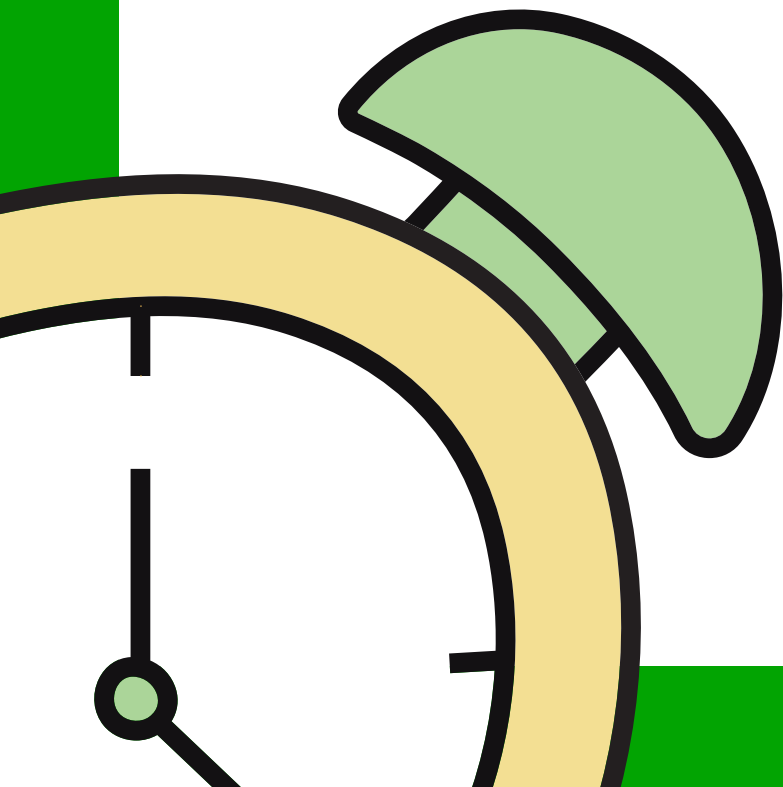
PURPOSE OF SOCIAL MEDIA

- What is Materialism?
 - Owning things to show off
 - 'things' make them 'happier' or more 'respected'
 - Feeling unsure about themselves or wanting others' approval



BELIEF THAT "MATERIAL
POSSESSIONS AND PHYSICAL
COMFORT IS THE HIGHEST GOOD
AND PURPOSE OF LIFE"

*Material (Fame, Money, Power) →
→ More of it = Better Person →
→ People will like me →
→ Happiness*



BUT WHAT IS OUR PURPOSE?



Huzoor (aba) regarding Materialism has stated:

“Allah the Almighty, who is the Lord of the worlds and the Creator of all the worlds, has strongly refuted this concept.

He said, what you consider to be the objective of your life is not! You were not created so that you may gain benefit from the material things and then leave this world. **No!**

Instead, Allah the Almighty said:

**‘And I have not created the Jinn and the men
but that they may worship Me.’**

(Holy Quran Ch. 51, V. 57)

WHAT IS JIHAD OF THE NAASF?

DISCUSSION

Guidance for Our time

Huzoor (aba) regarding
Jihad of the Nafs (Self) on our devices:

“We Ahmadiis should remember that the world is going through a dangerous time. Satan is aggressively striking from all directions and if Muslims and specially Ahmadi Muslim men, women, and youth do not try to uphold the religious values, then there is no guarantee of our future...

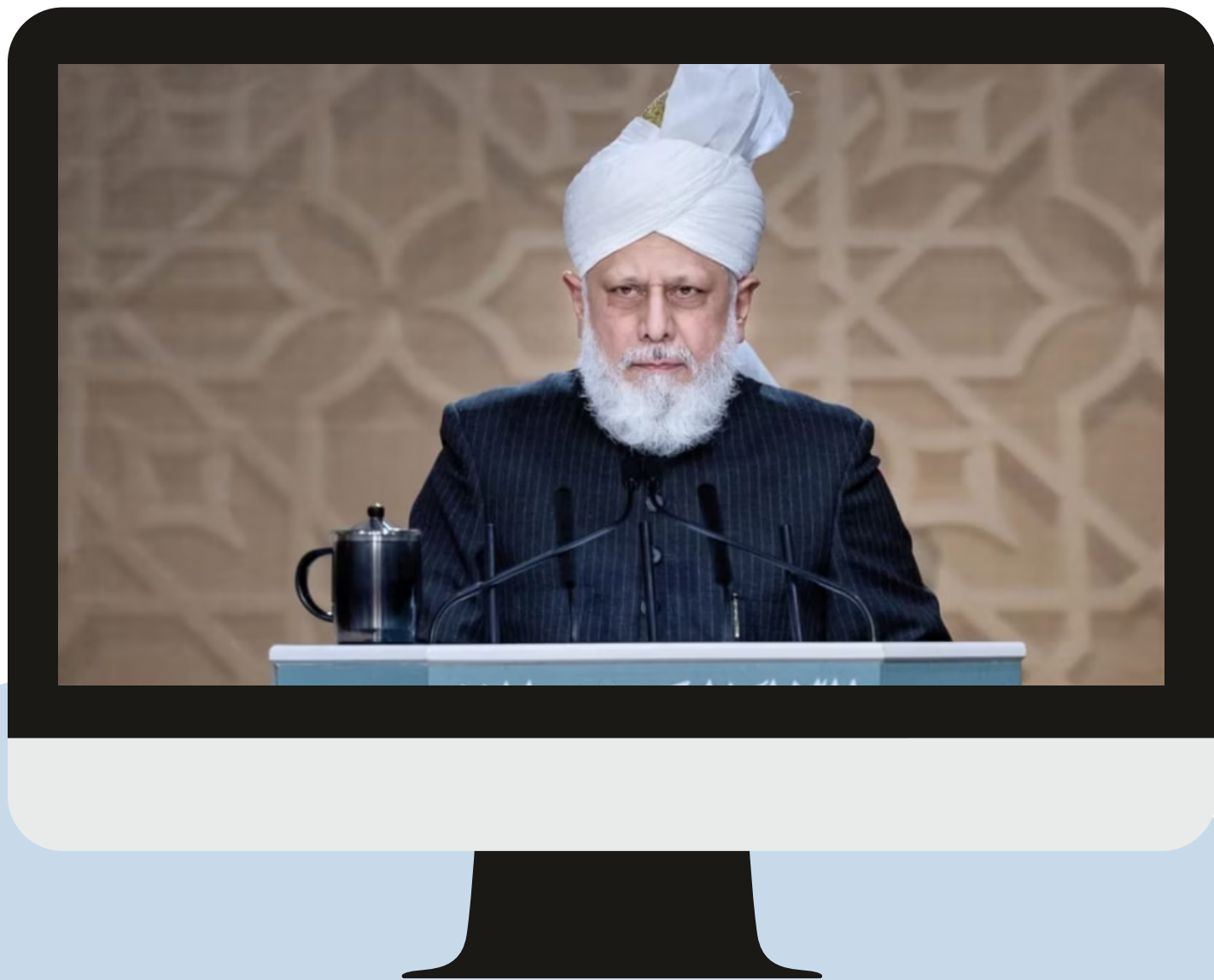
I am especially addressing the youth that they should pay attention to God Almighty's teachings. Instead of getting influenced by the world and walking behind them, you should make the world follow you”



WHAT ARE THE HARMS OF SOCIAL MEDIA?

DISCUSSION

GUIDANCE FROM KHALIFATUL MASIH



"Misuse of the Internet and Social Media is becoming common. If a thing or an act leads to harmful effects on the mind, then it is considered 'lughv' (a vain thing) and a characteristic of believers is that they avoid all that is vain."

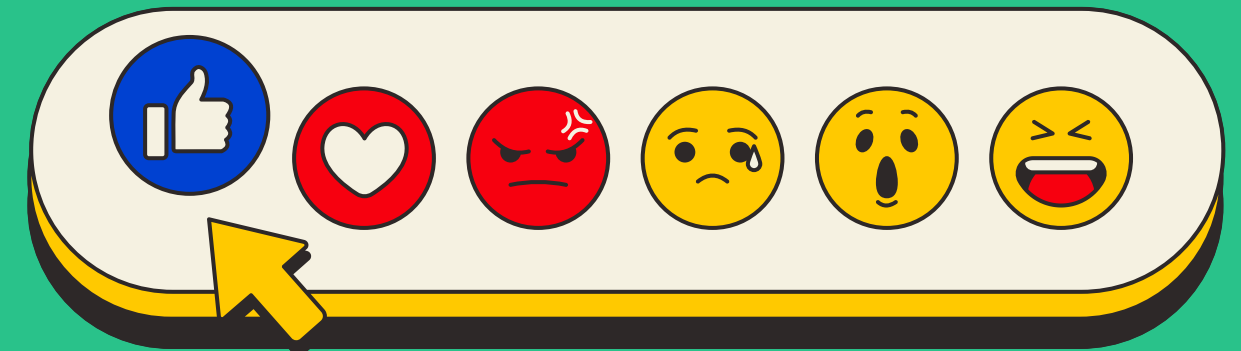
WHAT ARE SOME
PROPER WAY(S)
TO USE SOCIAL MEDIA?

DISCUSSION

PROPER PHONE USAGE

- Not oversharing
- Not communicating with the opposite gender
- Not believing false information and doing research
- Limiting time spent
- Using it responsibly
- Using it for beneficial uses only

- Remember whatever you post, share, comment, or like **never** leaves the internet.
- As Atfal we hold ourselves to a higher level
- Always reflect **before** we are about to take any such actions to see if it displays the best character of an Ahmadi Muslim



BENEFICIAL USAGE OF DEVICES

- RELIGIOUS EDUCATION & SPIRITUAL GROWTH
 - MTA
- MORAL EDUCATION
 - Islamic Stories and Moral Tales
- EDUCATIONAL APPS & RESOURCES
 - Salat Hub UK
 - Atfal Ijtema
- CONNECTING WITH THE COMMUNITY & FAMILY
 - Virtual Jama'at Webinars
 - Joining Atfal Class



Can you think of some other beneficial uses?

AT WHAT AGE SHOULD YOU GET A PHONE?

DISCUSSION

HAZRAT KHALIFATUL MASIH V (ABA) MENTIONED:

“There is a widespread problem here of children demanding from their parents to buy them mobile phones. Some are just 10 years of age and say that they should have a mobile phone.

Are you doing some sort of business? Or are you are doing some kind of work in which information is required to be accessed every minute? When asked, they reply ‘we need to call our parents.’ If your parents are not worried, there is also no need for you to worry, because phones can also lead to bad habits.

Through phones, some people contact children directly and then incite them into bad habits. Hence, the phone is also a very harmful thing due to which children lose all good sense and get involved in wrongdoings, so avoid this.

As for the TV programs, as I said you may watch cartoons or informative programs. However, you must avoid all vulgar and indecent programs.”



AT WHAT AGE CAN WE CHILDREN HAVE OUR OWN MOBILE PHONES?



Mulaqat with Sweden



ACCOUNTS TO FOLLOW



- @MuslimKidsUSA
- @MuslimYouthUSA
- Local MKA account



- Local & Regional Groups



- Subscribe to **AtfalUSA**



- @MuslimKidsUSA
- @mkausa



ACTIVITY 1

GAME: WHAT WOULD YOU DO?

The takeaway from this game is to :
discover ways in our daily lives to take a more active approach by sharing ideas on how we can reduce screen time and engage in meaningful activities.

1

Depending on the attendance form
small groups or individual

2

Create prompt cards with prompts
or scenarios

**prompts next slide*

3

Each group member takes a card

4

Each group/Tifl will be given time
to think of any ideas

5

Everyone will give an answer

PROMPTS & SCENARIOS

- Did technology come for the purpose of the Promised Messiah (as)?
- How would you spend the whole weekend without any screens?
- If you had an extra hour in a day from reducing screen time what would you do?
- Would I let my parents control whatever I do on my device?
- If there's no device and I have to give a quick message to a friend that's living in the next city what would I do?
- If I was a father how would I let my children use their devices?
- If your device has a screen time limit of three hours how would you use it?
- If I have to spread the message of Islam and all I have is my devices, how would I do Tabligh?
- What's better? To spend time outdoors or indoors with all my devices? Prove your point.
- Why we can't talk to the opposite gender on social media?

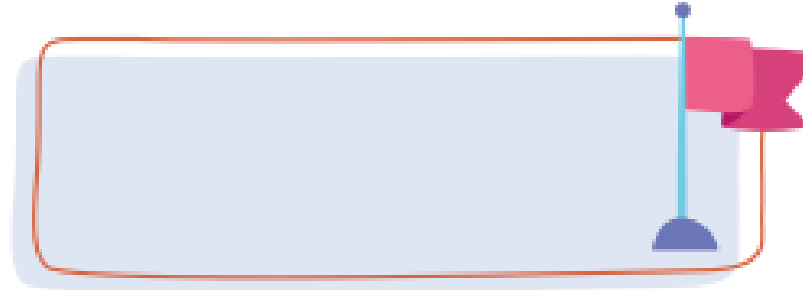
Allowed to add your own prompts as well

ACTIVITY 2

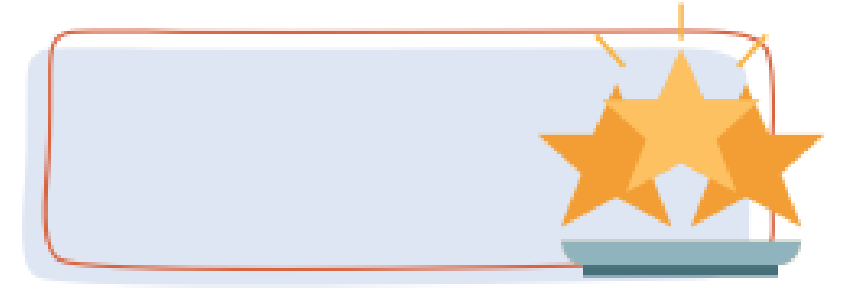
NEW YEAR VISION BOARD

Takeaway: A fun visual and tactile activity that prompts us to self-reflect and select goals we wish to achieve in the 2025 year.

☐ GOAL 1:

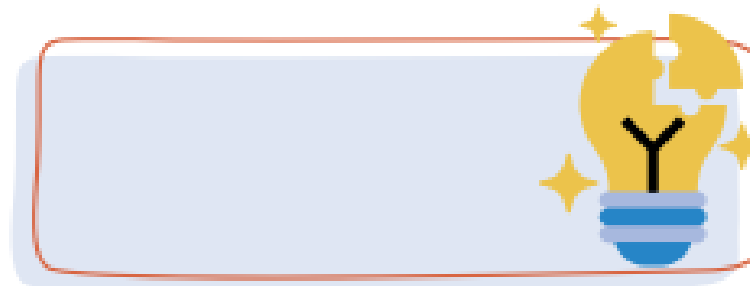


☐ GOAL 2:



ATFAL NEW YEAR'S
VISION BOARD

☐ GOAL 3:



☐ GOAL 4:

