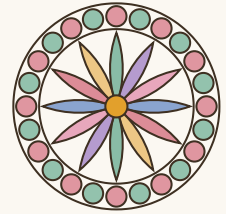


# Guardian Angel *Inc.*



*Your church knows the self you bring on Sunday. This card is about the rest of you: the hours, the accounts and the habits that live online. Keep it. Share only what you choose.*

**How to use this card.** Fill it in for yourself. If you want, bring it to a pastor or a small group as a way to start a conversation. A church should never require it, collect it, scan it or record your answers.

## PART I Where your life happens online

Check all that apply. There are no right answers.

### 1 Where do you spend the most time online?

- ☐ Social media ☐ Video and streaming ☐ Gaming ☐ Group chats ☐ Forums and communities  
☐ AI chatbots or companions ☐ Dating apps ☐ Other

### 2 Outside work or school, about how many hours a day are you online?

- ☐ Under 1 ☐ 1 to 3 ☐ 3 to 5 ☐ More than 5

### 3 How many accounts or personas do you keep?

Username, second accounts, anonymous profiles, gaming handles.

- ☐ 1 to 2 ☐ 3 to 5 ☐ 6 or more ☐ Not sure

### 4 Is there a version of you online that people at church would not recognize?

- ☐ No ☐ A little ☐ Yes ☐ I would rather not say

### 5 When are you most vulnerable online?

- ☐ Late at night ☐ When lonely ☐ When stressed ☐ When bored ☐ After conflict ☐ Other

### 6 Which of these would you most like to change?

- ☐ Time ☐ Content I see ☐ Things I say or post ☐ Who I am talking to ☐ Nothing right now

### 7 One thing you wish your church understood about your life online

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## PART II What you would want your church to know

Mark one box in each row.

|                                                          | NEVER                    | ONLY IF I TELL THEM      | WITH MY WRITTEN CONSENT  | YES                      |
|----------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| My public social media profiles                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| The names of my accounts or personas                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prayer requests I type into a church app                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My conversations with a church AI assistant              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Patterns a system guesses about me (moods, habits, risk) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| An alert if a church tool thinks I may be in danger      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### 8 If you share anything, who should be able to see it?

☐ Only my pastor ☐ Pastoral staff ☐ A small-group leader ☐ No one; it stays between me and God

### 9 How long should the church keep anything you share?

☐ Not at all ☐ Until our conversation ends ☐ One year ☐ Until I ask them to delete it

## PART III Where you would welcome care

Check a category only. You never have to name the details.

### 10 Are there struggles tied to your online life you would welcome help with?

☐ Habits I cannot break ☐ Comparison or envy ☐ Anger or arguments ☐ Loneliness ☐ Relationships  
☐ Money or spending ☐ Faith and doubt ☐ Something I am not ready to name

### 11 How would you want to be approached?

☐ In person ☐ By phone ☐ By text ☐ I will reach out myself

### 12 What would make you trust your church with your digital life?

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#### FOR CHURCH LEADERS • FIVE COMMITMENTS BEFORE YOU HAND THIS OUT

1. Never require it, and never ask anyone to turn it in.
2. Never collect, photograph or digitize the answers.
3. Treat what a system guesses about a person as a guess, not a confession.
4. Make sure every serious matter ends with a human being.
5. Tell members in writing what any church technology collects, who can see it and how long it is kept.

If you or someone you know is in immediate danger, call 911. For a mental health crisis in the US, call or text 988.