

Kirk Cameron's



engage

**Five practical lessons for raising your
kids in a social media generation**

Five-Lesson Study Guide

Kirk and Chelsea Cameron's



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kids in a social media generation**

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Understanding your child's mind



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Lesson 1

UNDERSTANDING YOUR CHILD'S MIND



LESSON ONE STUDY GUIDE

As parents of children raised in a “social media world,” we are embarking on unexplored territory. And frankly, for some (or even many) of us, it’s a journey we were thrust into without proper preparation. If that’s the case, you’re in the right place!

Understanding how to navigate this social media journey with your children starts by understanding what exactly is going on in physiologically and psychologically with your child. Until recently, we had no idea of the short-term and long-term effects technology can have on young brains. What was once accepted, like sitting your children in front of the television without regard for time, is now being cautioned against by scientists and researchers alike. The science is clear: Our children’s use of technology can negatively impact the rest of their life. That’s where Dr. Ian Armstrong comes in. As a neuroscientist, he’s sounding the alarm when it comes to the misuse of devices like smartphones and gaming systems by our children and teens.

If you’re worried about your child’s use of technology, again you’re in the right place. Take heart! After learning about the function of your child’s brain from Dr. Armstrong, you can use this knowledge to change the path for your child’s future. You are the perfect parent for your child because God chose you to parent them. Be encouraged, help is on the way.

Proverbs 22:6 Train up a child in the way he should go; even when he is old he will not depart from it.

1. Why is it important that you understand how your child's brain is developing? Have you and your spouse taken this into consideration in your parenting decisions?

Psalms 139:13-14 For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.

2. Dr. Armstrong shared that it's important for your child's brain to receive stimuli in many different areas of life. List 3-5 different ways your child is exercising their brain other than the use of technology. If you struggle to come up with some, then list ideas for you to introduce to them.

Proverbs 10:8 The wise of heart will receive commandments, but a babbling fool will come to ruin.

3. Dr. Armstrong explained the function of the prefrontal lobe, and how this is not fully developed during teenage years. Have you seen evidence of this in your child's life? How will this knowledge impact future conversations and decisions regarding technology?

Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

4. Social media can cause stress, anxiety, sleeplessness, and even addiction. Have you seen any of these reactions in your child? Have you seen them in yourself? How can you pay more attention to the physical effects of your family's interaction with technology?

Matthew 6:22-23 The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

5. Pornography is widespread throughout our society. Chances are your child has already been exposed to it, since the average age a child views pornography is 8 years old. Are you involved enough in your child’s life to know if they have been exposed to pornography online? If not, how will you and your spouse become more involved in their technology use? How will you start this conversation with your child? (Don’t worry, we will also help you with this below!)

Proverbs 10:17 Whoever heeds instruction is on the path to life, but he who rejects reproof leads others astray.

6. Dr. Armstrong stresses that the real problem with technology is the amount of time children and teens are spending in front of a screen, especially when considering the brain development taking place at a young age. Estimate how much time your child is spending on their digital devices below. Are you currently setting screen-time boundaries for your family? Why or why not?

“If we don't understand the problem than we don't really know the best way to address the problem.
-Kirk Cameron

Take Action

PRACTICAL APPLICATION

- At the end of the lesson, Dr. Armstrong stated that the real problem is the overuse and misuse of technology. Set aside one or two evenings this week for you and your spouse to discuss practical rules and boundaries for your family to follow. During your discussion, identify the current activities in your child's life that might be healthy or unhealthy for your child's brain. From here, make a plan that will help your child be most successful. After your conversation, take your family to a technology-free event, like going to the zoo, taking an art class, or volunteering to help those in need.

CONVERSATION STARTERS

- Have you ever come across inappropriate or graphic content online? How often does this happen?
- Do you feel like you are addicted to your smartphone? If you didn't have access to a smartphone, how would that make you feel?

DEEPER DIVE DISCUSSION QUESTIONS

We all know that the sin in our lives and the lives of our children is a result of a deeper heart issue. We want to give one question/theme each week that will help you and/or your child look further into the heart to identify the real problem and to surrender it at the foot of the cross.

This week's deeper dive question is for your kids: What does God say we need to make the best decisions in life? What are you lacking at this stage in your life to make the best decision for yourself and others? What do you think the Bible means when it talks about "foolishness"?

Parents, use Ephesians 6:1-3 and Proverbs 22:15 to guide the discussion.

Additional Resources

Now that you know how your child's brain is being impacted by technology, it's time to do something about it! But where do you start? Thankfully, there are apps, books, devices, videos, and more that will help you and your family fight against the dangers of technology. We have researched and collected some of the top resources that aim to help your children have healthy relationships with their devices. Find out what works best for your family!



Circle: A smart way for families to manage content and time online, on any device. Circle pairs with your home Wi-Fi and lets you manage every connected device on your network, both wireless and wired, without ever needing to put software on them.

(FREE) Starting the conversation: Are you looking for help when it comes to starting conversations with your child about technology? Want to get their buy-in? Lifelock, the internet security company, has created a neat tool to help you do just that. It's called "The Smart Talk" and It helps create a contract of sorts with your child and even schedules check-ins..



(FREE DOWNLOAD FOR ENGAGE MEMBERS) Axis parent guide on teen slang: The Axis parent guide on teen slang is a helpful tool so you can understand your teen's vernacular and stay in the know. We've partnered with Axis to offer you this guide as a FREE download. Get your copy by visiting the downloads section inside this week's lesson.

Additional Resources (cont.)

(FREE) Moment Family app: Monitor your entire family's iPhone and iPad use from the comfort of your own phone.

Covenant Eyes: This service allows you to filter and/or monitor your internet activity for adult-related content.

How to set parental guides on your iPhone: Did you know that you have several options for setting up parental controls for your iPhone? This article tells you how to do it!



Stories from TheCourage.com

How to maintain harmony during
stressful seasons of marriage

Why being 'right' in marriage is
wrong

Four ways to take judgement out
of your marriage

The Spiritual Battle



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Lesson 2



THE SPIRITUAL BATTLE



LESSON TWO STUDY GUIDE

As we look to find ways to protect our children in a social media society, it's important that we understand that this battle with technology is not just a physical one (as we explored last week). Rather, it's also very much a spiritual battle. The devil knows that your child is precious to you, and even more precious to God, so he will do whatever it takes to capture their heart. It is our role as parents to fight back against the temptations that surround our children.

Sounds like a lot of pressure, right? Be encouraged. You are not fighting this battle alone. With the power of God, the power of His word, and the Holy Spirit, there is abundant hope for you and your child.

Ephesians 6:12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

1. Why would the devil be threatened by our children?

2 Corinthians 10:3-5 For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

2. How are you and your spouse strengthening and protecting the hearts and minds of your children?

Deuteronomy 6:6,7 And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

3. As a parent, you have the power to cause more good in your child's life than any other relationship. Do you believe this? List three ways you can positively impact your child with God's Word.

Proverbs 11:2 When pride comes, then comes disgrace, but with the humble is wisdom.

4. Do you believe you are giving enough attention to the spiritual health of your children, or have you been neglectful of this area of their lives? What can you do to improve?

Take Action

PRACTICAL APPLICATION

- It's very important to remember that the battle for your child's heart is physical AND spiritual. If you are not doing this already, commit to praying for your children every day at a specific time. Discuss what you will specifically pray for with your spouse, then set an alarm on your phone as a reminder to pray. Ignore everything else during this time.
- It might also be helpful to memorize a few of the verses mentioned in this study guide. After you begin praying for your child, set aside time each night to pray with your child. This seemingly simple activity will not only teach your child about the importance of prayer, but it will plant a seed in their heart that will benefit them for years to come.

CONVERSATION STARTERS

Tell your child that there's nothing they can do to make you love them more or less. Then ask them if they believe you. Why or why not?

Do you think the time we spend on our smartphones distracts us from the mission God has called us to? What is that mission?

DEEPER DIVE DISCUSSION QUESTIONS

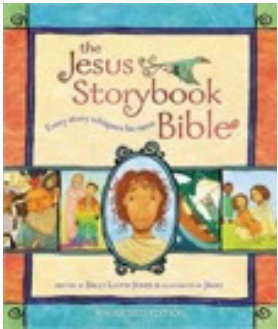
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Parents, use Ephesians 6:1-3 and Proverbs 22:15 to guide the discussion.

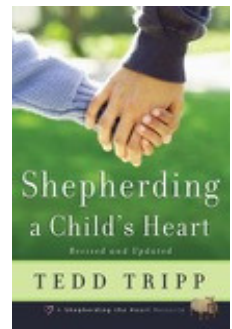
Additional Resources

As a parent, you have been entrusted with the responsibility to teach your child about the love of Jesus, what His Word says, and how this applies to their life. You may be thinking, “I’m not a teacher!” Rest assured that you do not have to do this alone. Reach out to your community: your pastor, your children’s director at church, or even a respected and trusted friend to ask for help in this area. We have also collected resources that can help you equip your child as they grow in their faith.



Jesus the Storybook Bible: This Bible invites younger children to join in the greatest of all adventures, to discover for themselves that Jesus is at the center of God's great story of salvation – and at the center of their story too. Be sure that you set time aside to read this with your child. There are also YouTube videos to help you here.

Shepherding a Child’s Heart by Tedd Tripp: Written for parents with children of any age, this insightful book provides perspectives and procedures for shepherding your child's heart into the paths of life. It is considered an essential read by Kirk and Chelsea Cameron..



Raising Children Who Hope in the Triumph of God: This 30-minute sermon from John Piper is for all parents who need spiritual direction with discipling their children.

Smartphone addiction and our spiritual ADD: This article will help you explain to your children the effects technology can have on our relationship with God.



Stories from TheCourage.com

Why your children should still obey your imperfect authority

Parents, why we need to be praying for our children more than ever

Fathers, here’s how you can love and lead your children well

Connecting with your child



engage

Lesson 3

CONNECTING WITH YOUR CHILD



LESSON THREE STUDY GUIDE

As our children age, we have to make more of an intentional effort to connect with them daily. However, with social media and technology commanding their attention, that has become more challenging than ever before. We are competing for their attention, and likewise, our children are competing for ours. While pursuing healthy and biblical family values may seem like a daunting task in our tech world, Dr. Kathy assures parents that their children will eventually thank them for their decision to cut back on screen time.

Though, the takeaway here extends far beyond reducing the time children spend on iPads and smartphones. Dr. Kathy's goal is to get us as parents to look at ourselves in the mirror and make sure we're setting the right example. Are you?

Romans 12:9-10 Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord.

1. Dr. Kathy said that if you are a parent who truly knows your child, you're the best person to parent them. Your child wants to be fully known, and fully loved. Do you make an effort to know your child well, including their life outside of the home? Explain.

John 15:12-13 This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends.

2. Many parents admit to spending more time on their devices (smartphones, iPads, computers) than getting to know their child. Is this something you struggle with as a parent? If so, how can you improve in this area? When will you start?

Hebrews 12:11 For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

3. If you believe your child is addicted to any form of technology, how will you help them break this addiction and care for them as they deal with the withdrawals?

Psalm 133:1 Behold, how good and pleasant it is when brothers dwell in unity!

4. Dr. Kathy suggested that time spent in the car with your family should be “digital-free.” What does your family time in the car look like now? How might you implement a “digital-free” practice?

Matthew 25:37-40 Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’

5. As parents, we should find ways to intentionally teach and model gratitude and service for our children. Name three ways you are currently doing this in your family. Then, write down at least one way you can do more.

Matthew 7:5 You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

6. Before asking our children to change their technology habits, it’s important that we check ourselves first. What weaknesses do you struggle with when it comes to technology?

Take Action

PRACTICAL APPLICATION

- Dr. Kathy made it clear that while parents need to be concerned with children's screen time, they must also make an effort to cutback on their own time spent using smartphones, iPads, and other forms of technology. Beginning this week, track how often you are on a digital device, and make an effort to reduce your screen time, especially while your children are home. (You can use the Moment app we suggested as a resource in Lesson 1.) Make note of how this changes conversations and activities with your family.
- Lesson 3 also discussed the importance of teaching your children gratitude in the midst of a social media world that tells them life should revolve around themselves. This message is bombarding them day after day, but you can fight against it. Plan a volunteer event with your children this month. This might be volunteering at your local homeless shelter, mowing your neighbor's lawn, or raising money for a family in need. Whatever it is, be sure to have a conversation about the experience afterward. DO NOT be afraid to admit your own weaknesses or fears. Moments like this will make a larger impact on your child than you may realize.

CONVERSATION STARTERS

Do you think that I spend too much time on my phone, iPad, computer, or watching television?

Would you prefer to talk to someone face to face or through text message? Why do you think that is?

Who are some of the people who you feel most comfortable with? What is it that they do to help you feel comfortable so that you can be yourself?

DEEPER DIVE DISCUSSION QUESTIONS

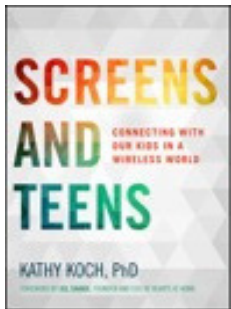
The struggle with selfishness, pride, and idolatry in our lives and the lives of our children is a result of a deeper heart issue. We want to give one question/theme each week that will help you and/or your child look further into the heart to identify the real problem and to surrender it to God.

This week's deeper dive question is for you and your kids: When you spend time on your phone, who are you focusing on? What types of things are you filling your heart and mind with when you are on your device? How does this impact the way you live your life? How does it impact the people around you?

Parents, use Colossians 3 and Philippians 2:3 to guide this discussion.

Additional Resources

While we all might desire to connect with our children, though it's a lot easier said than done. Their interests may be different than yours, their friends are different than yours, and they often speak a different language than you! While some or all of this may be true, it does not change the fact that the relationship between the parent and the child is the most important, and it will take sustained effort from the parent to keep it alive and healthy. The resources below will help you.



Screens and Teens: Connecting with Our Kids in a Wireless World by Kathy Koch Ph.D: Dr Kathy's research, experience, and relatability all come together for an inspiring book, sure to help you be closer with your kids.

(FREE DOWNLOAD FOR ENGAGE MEMBERS) Axis parent's guide to smartphones bundle: We've partnered with Axis, a faith-based organization, to offer you a FREE download of their parent's guide to smartphones. This is an \$11.98 value, and its FREE for Engage participants.



(FREE) Moment Family app: Given the topic of this lesson, we'll recycle our recommendation to look into Moment in order to monitor your entire family's iPhone and iPad use from the comfort of your own phone.

Additional Resources (cont.)

(FREE) Unglue: An app that will help your entire family learn healthy habits online that features scheduling, limits, and even physical motivation to “earn” more online time.

Conversation Kits by Axis: These videos speak the language of teens and utilize the mediums young adults love to get them thinking about what truly matters. Topics include Relationships, Depression, Gossip, Pornography, Prayer, and Drugs.

Celebrate Kids: This is the organization that Dr. Kathy oversees. It’s a go-to destination to get more of the biblically-based truths that Dr. Kathy talked about in this lesson, including helpful articles and videos.



Stories from TheCourage.com

My secret to achieving family
togetherness

Teaching your children humility
in an entitled society

What are your kids plugged into?

What history teaches us



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Lesson 4

WHAT HISTORY TEACHES US



LESSON FOUR STUDY GUIDE

When we look back at history, we can truly see how important it is to protect and encourage the younger generations while they are in our care. We can also see how important and influential young people are, in every generation. While some stories may frighten us when we think about the evil forces that strategically bombard our children, we need these stories to open our eyes to the seriousness of the task at hand. History is full of stories that help us raise our children well. Your child, no matter their circumstances, can be used powerfully by God. However, it is up to you, as a parent, to recognize the pressures that surround them daily and guide them toward the Lord. The enemy wants to stunt their spiritual growth, but with the power of God and your training, your children can become spiritual giants in their generation!

Psalm 127:4-5 Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

1. The hearts and minds of children have been targeted by tyrants and other forces of evil for thousands of years. Why do you think this is true?

3 John 1:11 Beloved, do not imitate evil but imitate good. Whoever does good is from God; whoever does evil has not seen God.

2. Your child can either be great force for good or great force for evil. How can you start encouraging your child now to be a great force for good?

Colossians 3:1-2 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

3. Dr. Foster said that what goes into the eyes and ears of our children will impact their spiritual lives forever. Does this change the way you think about their use of social media and technology? How so?

John 10:3 To him the doorkeeper opens, and the sheep hear his voice, and he calls his own sheep by name and leads them out.

4. If you want your child to be a world-changer, it's important that they are sensitive to God's call at a young age. How can you and your spouse teach your child to listen and obey God's call on their life?

Proverbs 22:6 Train up a child in the way he should go; even when he is old he will not depart from it.

5. Do you believe that the way you train your child now can actually make a Kingdom-sized impact on them and on future generations? How does this thought change the way you view your role as a parent?

Take Action

PRACTICAL APPLICATION

- Listening to Dr. Foster's stories from history is instructive for both adults and children. Plan a night this week to sit down with your children and share the story of Saint Patrick and David Livingstone. Ask your kids for their thoughts, and if they believe they could ever accomplish something great for God's kingdom in their generation.
- Secondly, ask them to name their heroes. Ask what they think constitutes a hero – the qualities, traits, and attributes. Finally, call out hero-like traits you see in your kids and encourage them to continue to develop those qualities.

CONVERSATION STARTERS

- Do you ever think about how God is going to use you to change the world for good and bring the blessings of the gospel to others?
- What is one simple way you can make the world a better place this week?

DEEPER DIVE DISCUSSION QUESTIONS

The struggle with selfishness, pride and idolatry in our lives and the lives of our children is a result of a deeper heart issue. We want to give one question/theme each week that will help you and/or your child look further into the heart to identify the real problem and to surrender it to God.

This week's deeper dive question is for your kids: We are either working for God or against God. What are some things in your life that point others to God? What are some things in your life that might point someone away from God? Do you truly believe that God's ways are the best ways to live your life? Why or why not?

Parents, use Matthew 12:30, Matthew 5:13-14, and Romans 12:1-2 to guide this discussion.

Additional Resources

As parents, we can be the needed catalyst for positive change in our children's lives, equipping them with truth and confidence for the road ahead. Use the resources below to encourage them, share stories with them, and cheer them on as they pursue a relationship with God and respond to His call to be a world-changer.



Monumental: In Search of America's National Treasure: Kirk Cameron travels across Europe and the United States to discover America's true national treasure. And he discovers timeless truths in an of-forgotten monument situated on America's east coast. This film will help spark more conversations with your child about what we can learn from young Christians in history.

(FREE) The Culture Translator by Axis: Gain weekly insight into how pop culture, technology, and media are influencing your children. The Cultural Translator is delivered right to your inbox.



(FREE) A Parent's Guide to Today's Technology: Focus On The Family's first annual FREE tech guide provides parents with information and suggestions to help talk to your kids about technology. Families can enjoy the benefits of interacting online, while minimizing the potential problems related to use of technology. This guide provides up-to-date information on how kids are using mobile and online devices, and how that participation can impact them physically, psychologically, emotionally, and socially.

Additional Resources (cont.)



UknowKids: UknowKids was created by parents to help parents. uKnowKids protects kids in more than 90 countries around the world. Track your child's text messages, phone calls, social media activity, "secret" networking accounts, and more. This program doesn't block access, but rather monitors your child's activity so that you know exactly how to address their issues.

The True Story of St. Patrick: This short video will help you tell your children more about St. Patrick.



Stories from TheCourage.com

Is it hard to trust God with your
kids?

Teaching your children how to
obey God's word

How to get it right



engage

Lesson 5

HOW TO GET IT RIGHT



LESSON FIVE STUDY GUIDE

Parents, you might feel like you're at the end of your rope. Perhaps you think that your child is "too far gone" when it comes to technology and social media. Ready for good news? There is hope for you, your child, and your family! Mark Gregston works with children who seem hopeless every day, and he has witnessed God change lives forever. Mark is a firm believer in this: It is never too late for your child. There are changes that you can begin to make today, and Mark explains how this looks different depending on what stage of life your child is in.

Remember, the decisions you make surrounding technology, discipline, and compassion for your family will, without a doubt, impact the your child's future. Put the past behind you and start engaging with your child today.

Proverbs 2:3-5 Yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God.

1. It's never too late to make a change for the better. Write down two things from your own life that seemed daunting and/or hopeless at the time, but then were resolved once you vowed to take a better approach.

Proverbs 29:17 Discipline your son, and he will give you rest; he will give delight to your heart.

2. Recall a time you had difficulty communicating with your child. How did it make you feel? Now, write down what you really think your child was trying to say. What could you have done to make it go better?

James 1:5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

3. Your children are looking to you for wisdom, and Mark said in the lesson video that wisdom is better "caught" than "taught." What are some ways you can demonstrate wisdom for your child?

Matthew 5:16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

4. As your children age, Mark advises that we switch from teaching to training. What do you think that difference looks like? Think of a specific topic, then write out how you would go about teaching that topic to your child and then how you would go about training them in it. Use an extra piece of paper if needed.

Psalms 32:8 I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

5. How are you preparing your children to make wise decisions on their own

Philippians 2:3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

6. Mark suggests that so much of parenting can be rooted in selfishness. How can you demonstrate to your child, without a shadow of a doubt, that there is nothing they can do to make you love them more or less?

Take Action

PRACTICAL APPLICATION

- Mark talked about how important it is to keep your family time from being dominated by technology. Pick one or two days this week to make any time you spend in the car and/or at dinner digital-free. Be prepared for the push-back from your kids! Remember, you are the parent, and setting wise boundaries is one way to love your child.
- Mark also discussed the importance of relationship with your child. If you have multiple children, plan to take each of them separately on a date to dinner, to the park, or even to the ice cream shop this month! While our schedules can fill up, one-on-one time with your child is beyond valuable.

CONVERSATION STARTERS

- Do you think some people use their smartphones to avoid conversations, awkwardness, or conflict? Do you think this is a good or bad thing?
- What qualities do you appreciate most about your friends and family? May I tell you what I appreciate about you?

DEEPER DIVE DISCUSSION QUESTIONS

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This week's deeper dive question is for your kids: Do you think you have a close and healthy parent-child relationship? What do you think the role of a parent is? What do you think the role of a child is? Why do you think God set it up this way? What, if anything, would you change about our relationship?

Parents, use Ephesians 6:1-4, 3 John 1:4, and Deuteronomy 11:19-21 to guide this discussion.

Additional Resources

You have taken in a lot of information, and hopefully you feel encouraged to help your child in this tech-obsessed world. As you complete this course, remember that there are multiple resources listed in these study guides that will direct you on this journey. These resources will always be there to help you and set your mind back on track as a parent.



CONNECT: Real Help for Parenting Kids in a Social Media World:

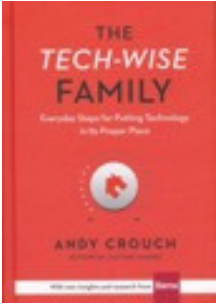
CONNECT is the movie that launched it all! It features Kirk Cameron and many of the experts you've seen in the course. It is a great overview of the issues as well as the solutions. It's now being released for digital download and on DVD.

(FREE DOWNLOAD) When Your Teen is Struggling by Mark Gregston: This FREE e-book from Mark offers biblical guidance, encouraging stories from his ministry, and a fresh message of hope.



Growing Up Social: Raising Relational Kids in a Screen-Driven World: Gary Chapman and Arlene Pellicane, one of our contributors over at TheCourage.com, will empower you with the tools you need to make positive changes starting today!

Additional Resources (cont.)



The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place: Drawing on in-depth original research from the Barna Group, Andy Crouch shows readers that the choices we make about technology have consequences we may never have considered.

Best apps for parents of teens: 50 apps for parents to monitor and track their teens' location, ensure safe driving, and more.



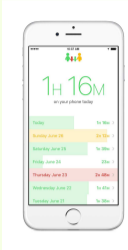
Stories from TheCourage.com

**Why the gospel has everything to do with
how you discipline your child**

**The ideal time to give your child a
phone**

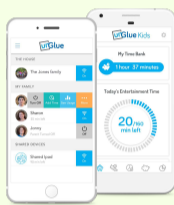
5 free apps to help parents

For smartphones



Moment

Monitor your entire family's iPhone and iPad use from the comfort of your own phone. You can set daily limits on yourself and be notified when you go over and even force yourself off your device when you're over your limit.



Unglue

An app that will help your entire family learn healthy habits online that features scheduling, limits, and even physical motivation to “earn” more online time.



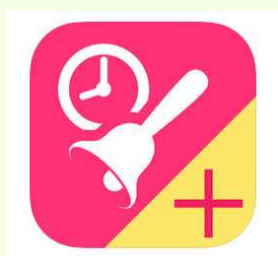
OurPact

OurPact is a simple family locator and parental control app that allows parents to locate family members and limit screen time by blocking internet and app access.



Digital Compass

From Common Sense Media, this app is a choose-your-own adventure, interactive game for iPad and iPhone. Developed for 6th to 9th graders and available in English and Spanish languages, Digital Compass lets students step into the shoes of one of eight characters to experience the twists and turns of daily digital life.



DinnerTime Plus

This app lets you monitor and manage your kid's online activities and even schedule breaks for them. You can also set guidelines for your kid's online activities like how much they can spend online, get real-time monitoring usage and history.

6 Facts to know about kids and social media consumption

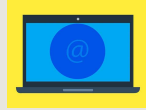
#1

8 years old

90% of men aged 18 have been exposed to explicit pornography. The average age they first viewed it? 8-11 years old. Can you imagine that? What were you looking at when you were 8? Chances are, your kids have already been exposed to some very graphic stuff.

--The Novus Project

engage



#2

Codes to know

If you happen to see these on your child's phone, pay attention:

IWS = I want sex
GNOC = get naked on camera
CU46 = see you for sex
9 = parent watching
PIR = parent in room
POS = parent over shoulder

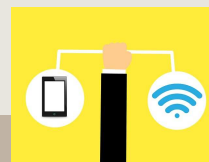
--Teen Safe

#3

Addiction

50% of teens admit to feeling addicted to their device. But get this: 28% of teens feel their PARENTS are addicted, too. (Gulp.)

--Common Sense Media



#4

9 hours

The average teen spends 9 hours or more a day consuming media. That's more than an average work day!

--Common Sense Media

#5 Made you look

78% of teens admit to checking their phones hourly. But guess what: 69% of parents admit to doing the same thing.

--Common Sense Media

#6 Sexting

Sexting, sending or viewing graphic images via a message, is rampant among teens and young adults. In fact, 63% of teachers in the UK admitted to knowing that their 14-year-old pupils were sexting.

--Irish Examiner



10 Things to know about: Facebook



13?

Account members must be 13 to set up an account, but this is easily sidestepped if kids lie about their age when they set up their account.



Friends?

“Friending” your child doesn't always mean you can see everything they post. Facebook allows users to select which friends they want to be able to see a particular post, and they can hide you from their shared content or pictures they have been tagged in. ([More](#))



I see you

Facebook users have the option to share their location on every post. Explain to your child why they should not do this, and change their privacy settings so your child's friends can't share your child's location, either.



Messenger

Messenger is an instant messaging service connected to Facebook. However, unlike most text messaging apps, Messenger can do more than send texts. A user can send pictures, videos, and money. You can also share your location, make video or voice calls, or play games with another user.



Messenger 'light'

There is a now a [Facebook messenger for kids](#) that allows children younger than 13 to have a messaging account with limited access.



You decide

Each Facebook user can add as little or as much personal information as they want about themselves on their “Profile Page.” This page can share details about you as a person, your photo, name, where you live, your birthday, where you go to school, occupation, interests, religion, and even your relationship status.



Finder's keepers

Users have the option to allow anyone to find them via the Facebook search engine. This can expose your name and personal details to the world's search engines like Google Search. Be sure that is function is turned OFF in your child's privacy settings.



Stop it

A user block another user from seeing their page and the content they share. If someone is harassing your child, blocking that person may be a good idea. You can block a user by clicking on the question mark at the top right on any Facebook page, select Privacy Shortcuts, then select “How do I stop someone from bothering me?” Enter their name or email address.



Check-up

Do you want to double check your privacy settings? First, click the “...” on your profile page, then click “View As...” in the dropdown menu. You'll see what your profile looks to the public. To see how your profile appears to a specific person, like a friend or coworker, click “View as Specific Person” to type their name and press enter.



Report

While many children use Facebook to connect with their friends, it's often used for cyberbullying, especially among young people. If this is happening on your page or your child's page, you can use the “report” function. You can learn how and what to report [here](#).



10 Things to know about: Instagram



Default

Photos and videos are public by default and can contain location data. So it's important for kids to use privacy settings to limit their audience.



Followers

One of the biggest draws of Instagram is the instant feedback kids can get. Collecting a large number of followers -- and flattering comments -- is a badge of honor for many users.



Did you know?

Instagram Direct - a function within the app - allows users to send private photos directly to other users.



Live

Instagram users can live-stream video, and video streams and selected private photos will disappear 24 hours after posting.



'Finsta'

The term "Finsta" (fake Insta) applies to accounts kids use under made-up names where they share content they only want to share with certain people. Finsta accounts are also used to post racier content and bully people.



#

When a hashtag sign is used in front of a word on user's caption - that word becomes a link to anyone else's public profile that also used that hashtagged word. This opens the door for your child to see photos and videos from strangers all over the world.



Location

Instagram allows you to share a lot of personal information, including full first and last name, age, gender, email address and phone number. Similarly, geo-tagging - one of the most popular Instagram features - can reveal your teen's location, and the exact spot that a picture was taken.



Tips

Instagram has created a [Tips for Parents](#) section in their app and on their website. Here you can find basic information about the app, safety tips, and how to remove a picture that violates Instagram's [guidelines](#).



Hiding

A user can search for people, places, and types of photos by using the search bar at the top of the screen. Unfortunately, this is also the area where your teen can find endless inappropriate material without ever using a browser. The search history can be cleared in an instant by simply selecting Clear Search History.



The worst

According to a [recent survey](#), Instagram is the worst social media platform for mental health among teens and young adults. The constant sharing of photos from friends and brands can result in low self-esteem, anxiety, and depression.



10 Things to know about: Kids and Porn



How old are you?

Most adult websites only require someone to enter their age to allow access. This makes it very easy for a child to watch pornography.



They're watching

93% percent of males and 62 percent of females in college reported having seen porn as adolescents, according to a 2008 study from the University of New Hampshire.



Addiction

Because a teen's mind is still developing, their brains are more at risk for pornography addiction than an adult's brain.



Trying not to

25% of teens have been exposed to porn online when they weren't even looking for it. ([Covenant Eyes](#))



Pocket porn

Almost 27% of teens are receiving sexts and nude texts (sexting), and almost 15% are sending them, according to findings in the Journal of the American Medical Association (JAMA) Pediatrics.



Criminal?

Did you know sexting can be considered child porn? By law, minors (anyone under 18) who are caught sending, possessing, or distributing (i.e. sharing with friends) nude pictures, can face major criminal charges.



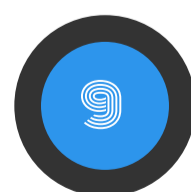
Marketing

Many porn websites use an aggressive and strategic "[marketing](#)" strategy to bring in adolescent viewers that were not initially or intentionally seeking out pornography.



It's everywhere

Social media platforms have made pornography [very accessible](#) to young adults. In fact, four-in-five students do not think that social media companies are doing enough to protect them from pornography.



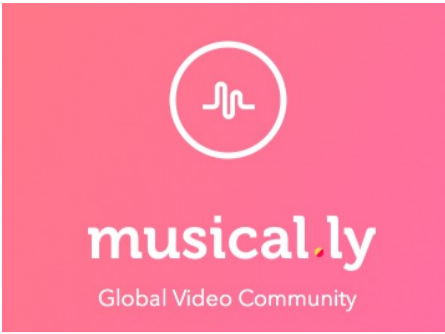
'Sex ed'

According to the National Union of Students, 60% of students surveyed said they watch porn to learn more about sex and to fill in gaps in their sexual education.



1,000 per second

In 2017 alone, one popular porn site got 28.5 BILLION visits. That's almost 1,000 visits a second, or 78.1 million a day—way more than the population of the entire United Kingdom. ([Fight the New Drug](#))



10 Things to know about: Musical.ly



What is it?

Musical.ly is a social media platform for creating, sharing and discovering short music videos. Millions of music videos are shared across the world, and it has grown to be very popular among young teenagers.



Beware

Musical.ly is easier than most apps to create a profile without meeting the age requirement. When creating an account, all you have to do is put in an email address, phone number or connect to Facebook.



Karaoke

Viewers can like, comment, share, start a “duet,” or record a video using the same music clip.



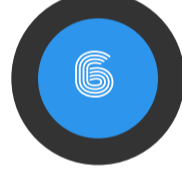
Predators

Users, or “musers,” have found a way to video chat with strangers through music.ly by downloading an additional app, Live.ly. This has opened the door for sex traffickers to target young children.



Turn it off

If your child has an account, make sure it is set to private and that the location service is turned off for the account to avoid interaction with strangers.



&\$%^#

Many of the songs, clips, and audio pieces that young children have access to through the app have curse words or inappropriate content.



See no evil

While Musical.ly won't let you search for objectionable content such as "sex" or "porn," it's easy to find people wearing revealing clothing and dancing suggestively by clicking on hashtags in the comments.



#NoFilter

Other than blocked search terms, there's no way to filter out content on musical.ly, so kids using the app on their own might come across age-inappropriate videos. Parents can and should monitor the use of this app very carefully.



Blocked

A user can and should report any content that appears inappropriate or offensive. You also have the option to block other users that share explicit content.



Bullying

Music.ly is known for cyber bullying, with children and adults targeting other young children and tearing them down in the comments section.



10 Things to know about: Snapchat



What is it?

Snapchat is a free photo and video sharing app. Teens love the ability to "share a silly moment" with their friends, and in less than 10 seconds, the photo disappears.



But wait...

Many assume that because video and photo texts, or "snaps" as they are called, disappear in just a few seconds the app is totally harmless. However, photos can be saved as screenshots. The sender is notified when this happens.



You agreed

When you send a Snap to someone via "Snapchat," you give Snapchat a "non-exclusive, worldwide, royalty-free, sublicensable and transferable license to use, reproduce, modify, adapt, publish, create derivative works from, distribute, perform and display such user content in connection with the services, subject to your use of privacy settings in the services to control who can see your user content." See [Terms of Use](#)



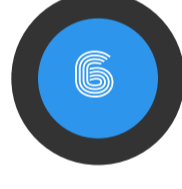
What's the story?

A "Snapchat Story" is a set of photos or videos that can be made public to the user's entire friend list. The story is only viewable for 24 hours, but it can be viewed an unlimited number of times during that window.



Snapchat 'light'

A modified version, "Snapkidz," is available for children younger than 13. They can still take Snaps, draw on them and create captions. However, the function of sending or receiving Snaps is not supported.



Sexting

While it is certainly not the stated primary use of the app, there have been reports about Snapchat being used for "sexting"—taking naked or sexually suggestive pictures of oneself and sending them to someone else. Kids feel a sense of false security because the pictures "disappear," but they can still be saved.



Regulars

If an emoji appears next to a friend's name on their snapchat list, it usually means this is someone that they send pictures and videos to often. See the meaning of each emoji [here](#).



Discover

The "Discover" page can be found when the user swipes the screen to the right. This features stories from different brands and news media outlets. If a story appears that a user deems inappropriate, there is no way to "hide" any of them on this page.



Money

"Snapcash" allows users to send each other money through the app. The terms of use require the user to be 18+ and have a credit/debit card or a checking account.



Be careful

Users can view Snapchat original television shows in the app. These are designed for short attention spans, and often feature content that is shocking or inappropriate. There is no way to monitor what is being viewed, and the user cannot "unfollow" these channels.

A P A R E N T ' S
T O
G U I D E

Teen Slang

2018 Edition

Welcome to the World of Teen Slang

Lost? Confused? Unable to understand your teens? Don't worry; you're in good company. Keeping up with teen slang is nearly impossible. New words are constantly being introduced, thanks to the influence of music, the Internet, apps, and celebrities (not to mention regional vernacular!). You may feel overwhelmed and lost when listening to your children/grandchildren speaking, and it'll only get worse when reading social media posts and hashtags. Use this guide as a reference for what's widely popular right now in order to translate what teens are saying.

Fun, Harmless, Silly

Adulding = To do things a bona fide adult would do. "Adulding is no fun. Why do I have to give all my money to the government?!"

Aesthetic = The new "vibe." "I don't like this artist because I don't get her aesthetic." "I love the aesthetic of this Instagram account I just found."

Bae = Before Anyone Else; also a synonym for "babe" or "baby."

Basic = A way to describe someone who lacks originality and enjoys the most mainstream and predictable things.

Dead/dying = When something is so funny, you can't handle it. **Variation: TD** (to die); "That jacket is TD. Buy it!"

Done = To be completely over a task, person, emotion, or situation.

Extra = Over the top, excessive, dramatic. "I aspire to be this level of extra at my graduation."

Fam = Family, to denote one's actual family or one's closest friends.

Finesse = To perfect or smooth things out (either physically or emotionally). "I need to finesse my shoe collection." Can also be used to refer to a person's style.

Fire = Cool, awesome. "This party is fire!" Also denoted by the fire emoji.

FR = For Real.

GOAT = Greatest Of All Time.

Gucci = Good, cool.

Hundo P = One Hundred Percent.

IRL = In Real Life.

Keep it 100 = Be true to yourself and stick to your values (short for "Keep it 100% real"). Made mainstream recently by *The Bachelorette*'s Rachel Lindsay. **Synonym: Trill** (combo of "true" and "real.")

Live/living = When something is so incredible, it's finally making you "live." Could also be said to be giving you "life."

Like recent = Using one social media platform to tell one's followers to like his/her most recent post on another social media platform. Often seen as desperate. **Synonyms: LB** (like back), **FB** (follow back).

Lit = Cool, awesome. "This party is lit!" Can also mean to be drunk or high: "Let's get lit and jump off the roof!" (Not as cool of a word as "fire" these days.)

Narrative = Something you would not like to take part in. "I would v much like to be excluded from this narrative." [Popularized by Taylor Swift](#) in response to Kanye West and Kim Kardashian.

Neglext = To intentionally or unintentionally abandon someone in the middle of text message conversation for a prolonged period of time. “I totally fell asleep last night. I didn’t mean to neglext you!”

NMH = Nodding My Head, i.e. expressing agreement or approval.

P = Pretty. “That new Netflix show is p cool.”

RN = Right now.

RT = Retweet. Also used to show agreement (because typically people don’t retweet things they disagree with). “Do you like Taylor Swift’s new hair?” “Yessss, RT RT RT.”

SMH = Shaking My Head, i.e. expressing disagreement or disapproval.

Savage = To be hardcore, fierce, bada**. Can refer to arguments, takedowns, and a general disregard for consequences.

Ship = Short for “relationship.” Used to endorse/support a romantic coupling, even one that’s not reality. “I ship Ron and Hermione.” “I see a ship developing!” **Synonym: OTP** (One True Pairing).

Shook = To be so completely surprised, scared, or caught off guard that your body is shaking.

Snatched = Another slang term for looking good. E.g. “Your outfit is snatched.” Older, less-used synonyms: On fleek, on point.

Squad = Friend group. Often used as #squadgoals, meaning, “I hope my friends can someday be this cool!” **Newer, cooler synonym: Tribe.**

Straight Fire = Hot or trendy. “That outfit is straight fire!”

Suh = [A greeting](#); a combination of “sup” and “huh.”

Take the L = Take the loss. Can be used in any situation where one comes out behind.

Antonym: W (pronounced “dub”); “That’s a W!”

TBH = To Be Honest.

TFW = That Feeling When. “TFW you accidentally spill your Venti Frap all over your car.”

Turnt = Short for “turned up,” which means either really excited (“It’s New Year’s Eve, so of course I’m turnt!”) or drunk (“It was rough to go to brunch today because I was so turnt last night.”).

V = Very. “I’m v excited to binge *Stranger Things* 2 this weekend!”

Weak = Used to mean “That was funny!” Originates from that weak feeling you get when you laugh really hard.

Be Aware Of

AF = As F***. Used to emphasize something: “It’s hot af in here.”

Cancel = To delete someone or something out of your life. “I cancelled that guy from Tinder. It wasn’t working out.”

Curve = To reject someone romantically or sexually.

FOMO = Fear Of Missing Out. Many teens feel this because of social media’s ability to highlight everyone else’s activities. **Antonym: JOMO** (Joy Of Missing Out, i.e. finding joy in one’s ability to commit to and enjoy one thing at a time.)

Gatsbying = Intentionally posting something to social media to attract one’s romantic

interest's attention. So named after the elaborate parties Gatsby threw to get Daisy's attention in *The Great Gatsby*.

Ghost = To stop responding to one's texts, messages, posts, etc., effectively disappearing from their digital world.

Haunt = To occasionally view, comment on, or like posts from someone with whom you were once romantically involved, as if to intentionally remind them, "Hey, I'm still here!" Typically the other person will feel creeped out.

HBIC = Head B**** In Charge.

Hunty = Combination of "honey" and "c****." It originated in the drag queen community as a slight insult, but it's starting to be used amongst groups of girls as a term of endearment.

Igging = Ignoring (made most famous by the song "Tunnel Vision" by Kodak Black).

Jocking = Copying someone else's style. From Bruno Mars' song "24K Magic."

Low Key = A warning that someone doesn't want everyone to know what they're saying. "Keep this low key." **Antonym: High Key** (i.e. not trying to hide it; straight up proclaiming it to the world).

Mooning = Using the "Do Not Disturb" mode (denoted by a tiny moon on iPhones), which turns off notifications, on a specific conversation so as to mute/ignore them.

Murk = To kill, dominate, etc. Often used in reference to video games.

Sip Tea = Mind one's own business. Usually means you don't want to get involved in the drama, but you have no problem watching it from the sidelines while comfortably sipping tea.

Salty = To be bitter/angry/upset. "She was salty because she lost."

Skurt = To leave.

Stan = Abbreviation of "stalker" and "fan"; refers to an overly obsessed, maniacal fan of a celebrity. (Also originates from the main character of Eminem's song "Stan.") "Those Taylor Swift stans are creeping me out."

Sus = Short for "suspect." "My bank card got declined. That's sus."

Throw Shade = Give someone a dirty look or say/post something mean about them.

Trash = When something or someone comes off as classless or tasteless. "Did you see the trash everyone is saying about Beyoncé?"

Vaguebooking = Intentionally posting vague Facebook status updates, either for attention or as a cry for help. E.g. "Wondering if there's a point to anything."

Woke = To be fully aware of current events; living in a state of awareness that is above expectations. "Stay woke, son!"

Red Flags

9 = Parent watching!

Breadcrumbing = Sending out flirtatious, but noncommittal text messages to members of the opposite sex in order to lure a sexual partner without expending much effort.

Break Green = To share marijuana with others.

Catfish = Someone who pretends to be someone they're not on social media, either for dating or sexual purposes.

CU46 = See You For Sex.

D = Short for d***. “She just wants the D.”

Down in the DM = Using private messages (DM=Direct Message) on social media to ask for nude photos and/or to filter through people to find a casual hookup.

GNOC = Get Naked On Camera.

Hooking up = Has various levels of meaning. Could refer to anything from making out to having sex.

Netflix and chill = A euphemism for hooking up. Someone uses the pretense of watching Netflix as a reason to hang out or “chill,” but really has no intention of actually watching anything.

NIFOC = Naked In Front Of Computer.

NP4NP = Naked Pic For Naked Pic.

NSFW = Not Safe For Work. Used to mark something as sexually inappropriate or explicit.

POS = Parent Over Shoulder.

Scarfig = Intentionally strangling oneself (with a scarf or other material) during sex or masturbation to decrease blood flow to the head and therefore increase pleasure during climax. Many young men have accidentally committed suicide while scarfig.


Smash = To have casual sex.

Stealthig = Secretly removing one’s condom during sex.

Thirsty = Desperate, eager for something; often refers to one’s sexual appetite or desire to gain attention on social media.

A Final Thought

As you can see, there’s a lot to keep track of! We hope knowing these terms helps you discern when your teens are just engaged in harmless fun and when they’re in need of intervention. *One caveat:* Teens are all about authenticity. They can smell inauthenticity a mile away. So carefully consider the choice to add these words to your vocabulary. Your teens may think it’s cool or funny that you’re using them . . . or they may find it totally uncool and therefore be embarrassed by your use of them.


We’re creating more content every day! If you found this guide helpful and valuable, check out axis.org/guides each month for new Guides covering all-new topics and for other resources.