RESOURCES & STATISTICS

JOURNEY STUDENTS

Statistics about teenagers and porn
- Most kids are first exposed to porn at less than 11 years of age
- An unsolicited image is the beginning of a long battle with porn addiction
- 1 in 5 children ages 10-17 have been approached for sex online
- 57% of kids have accidentally accessed inappropriate material online
- 75% of these young people do not tell their parents about these incidents
- The porn industry is now the 7th largest industry in the U.S.
- Unprotected Internet access can lead to identity theft, cyberbullying, and social network dangers

Adults and porn
- 64% of self-identified Christian men and 15% of self-identified Christian women view pornography at least once a month (compared to 65% of non-Christian men and 30% of non-Christian women).
- 37% of Christian men and 7% of Christian women view pornography at least several times a week (compared to 42% of non-Christian men and 11% of non-Christian women).

Barna Research Group:
www.provenmen.org/2014pornsurvey/pornography-use-and-addiction

According to a 2012 study from the University of Sidney among 800 regular porn users:
- 43% started viewing porn between the ages of 11 and 13.
- 47% spend between 30 minutes and 3 hours a day watching pornography.
- 20% said they prefer the excitement of viewing porn to being sexually intimate with a partner.
- 30% said their work performance had suffered due to excessive porn use.

Katie Szittner, "Study exposes secret world of porn addiction," Sydney.edu.

Teenage sexting statistics
Sexting occurs when a person sends a text message to another that contains a message of a sexual nature or a sexually suggestive, nude, or partially nude picture or video. Sexting is considered the new "flirting". Problem: It seems private and anonymous; not face-to-face, doesn't seem as wrong…

Percent of teens who have sent or posted nude or semi-nude photos or videos of themselves:
- 20% of teens overall
- 22% of teen girls
- 18% of teen boys

Percent of teens that sent sexually suggestive messages via text, email or instant messaging:
- 39% of all teens
- 37% of teen girls
- 40% of teen boys
- 48% of teens say they have received such messages

Other statistics
- 71% of teen girls and 67% of teen boys who have sent or posted sexually suggestive content say they have sent/posted this content to a boyfriend/girlfriend.
- 21% of teen girls and 39% of teen boys say they have sent such content to someone they wanted to date or hook up with.
- 15% of teens who have sent or posted nude/semi-nude images of themselves say they have done so to someone they only knew online.
- 75% of teens say sending sexually suggestive content "can have serious negative consequences.
- 39% of teens have sent or posted sexually suggestive emails or text messages
- 44% of both teen girls and teen boys say it is common for sexually suggestive text messages to get shared with people other than the intended recipient.
- 36% of teen girls and 39% of teen boys say it is common for nude or semi-nude photos to get shared with people other than the intended recipient.

- 38% of teen girls and 39% of teen boys say they have had sexually suggestive text messages or emails—originally meant for someone else—shared with them.
- 25% of teen girls and 33% of teen boys say they have had nude or semi-nude images—originally meant for someone else—shared with them.
- 22% of teens say they are personally more forward and aggressive using sexually suggestive words and images than they are in "real life."
- 38% of teens say exchanging sexually suggestive content makes dating or hooking up with others more likely.
- 29% of teens believe those exchanging sexually suggestive content are "expected" to date or hook up.
- 51% of teen girls say pressure from a guy is a reason girls send sexy messages or images; only 18% of teen boys cited pressure from female counterparts as a reason.
- 23% of teen girls and 24% of teen boys say they were pressured by friends to send or post sexual content.
- 66% of teen girls and 60% of teen boys say they did so to be "fun or flirtatious"— their most common reason for sending sexy content.
- 52% of teen girls did so as a "sexy present" for their boyfriend. 3
- 44% of both teen girls and teen boys say they sent sexually suggestive messages or images in response to such content they received.
- 40% of teen girls said they sent sexually suggestive messages or images as "a joke."
- 34% of teen girls say they sent/posted sexually suggestive content to "feel sexy."
- 12% of teen girls felt "pressured" to send sexually suggestive messages or images.
- 15% of teens ages 12-17 with cell or smart phones say they have received sexually suggestive nude or nearly nude images of someone they know via text messaging on their cell phone.
- One in five teens have engaged in sexting – sending, receiving, or forwarding sexually suggestive nude or nearly nude photos through text message or email – and over a third know of a friend who has sent or received these kinds of messages.
- Most sext senders say these messages are most commonly sent to boyfriends/girlfriends because it's asked of them or to have fun.
- One in 10 sext senders say they have sent these messages to people they don't even know.

- About 2 in 5 teens say they tell their parents very little or nothing about what they do and where they go online.
- About 1 in 5 teens go online on a cell phone and 1 in 5 of those teens say their parents do not know they do this.

Sources: The National Campaign to Prevent Teen Pregnancy, The Pew Internet & American Life Project and the Cox Communications Teen Online & Wireless Safety Survey.

Sexting text dictionary

You may be surprised to learn some of the sexting text acronyms that teens use to describe sex, what they want, and are doing.

To learn more, visit www.noslang.com/sexting.php *(warning – some of these terms are quite vulgar)*

Dangers of sexting

Sexting can lead to many unanticipated situations:
- **Embarrassment:** as the picture/message is sent across town
- **Stalkers:** wanting to see more of what they saw in your forwarded sext message
- **Isolation:** from others who thought your sext was inappropriate
- **Desperation:** as you continue to send sext messages to get someone's attention
- **Depression:** if the person receiving your sext message does not respond
- **Date rape:** you finally begin dating someone and they thought you wanted more
- **Job loss:** pictures and messages don't disappear – they are always lurking; Employers are looking for mature responsible workers college admission decline – colleges are checking applicants online to decrease number of disruptive students
- **Cell phone loss:**-your parents will likely take your cell phone away if they find out about your sexting
- **Unsolicited pictures:** sent back from others who received your sext
- **Charges pressed:**from others who found your sext offensive
- **Jail time:** pictures of under-aged children (under the age of 18) are considered child pornography and are Illegal

Popular apps

You don't need to know the ins and outs of all the apps and sites that are "hot" right now (and frankly, if you did, they wouldn't be trendy anymore). But knowing the basics -- what they are, why they're popular, and what problems can crop up when they're not used responsibly -- can make the difference between a positive and a negative experience for your kid.

Below, we've laid out some of the most popular types of apps and websites for teens: texting, micro-blogging, self destructing/secret, and chatting/meeting/dating. The more you know about each, the better you'll be able to communicate with your teen about safe choices.

Texting	Micro-blogging	Self-Deleting/Secret	Chatting, Meeting, and Dating apps
Kik Messenger	Instagram	Ask.fm	Cloak
ooVoo	Tumblr	Burn Note	MeetMe
WhatsApp	Twitter	Line	Omegle
	music.ly	Slingshot	Skout
		Snapchat	Tinder
		Whisper	Yellow
		Yeti	Hot or Not
		Yik Yak	Down
		After School	House Party
		Wishbone	

Helpful books to add your library

Right Click: Parenting Your Teenage in a Digital Media World
By Kara Powell and Brad Griffin

So You're About to be a Teenager
By Dennis, Barbara, Sammuel, and Rebecca Rainey

8 Great Dates for Moms and Daughters
By Dannah Gresh

Lies Young Women Believe
By Nancy Leigh DeMoss and Dannah Gresh

Raising Body-Confident Daughters
By Dannah Gresh

The Talk
By Luke Gilkerson

Teens and Sex: How Should We Teach Them?
By Paul David Tripp

Good Pictures Bad Pictures
By Kristen A. Jenson, MA and Gail Poyner, PhD

Boundaries for Teens
By John Townsend

Smart Money, Smart Kids
By Dave Ramsey and Rachel Cruz

12 Huge Mistakes Parents Can Avoid
By Tim Elmore

Artificial Maturity
By Tim Elmore

The Price of Privilege
By Madeline Levine, Ph.D

Sample Cell Phone Contract

Mom and Dad's rules about this phone are final, with no exceptions. If I don't follow the rules regarding texting, social media, photos, or any other area, I will lose this phone immediately for an indefinite amount of time.

In order to earn having this phone for the following week:
- I will not procrastinate on my homework, especially projects with longer due dates.
- I will empty the dishwasher as needed.
- I will practice piano according to the daily requirements laid out by my teacher.
- I will collect the trash from inside the house and take it down to the street.
- I will keep my room and bathroom clean and clean them as requested by mom and dad.
- I will Swiffer the floors as requested by mom and dad.
- If I am the cause of data overages or other additional usage charges, my allowance will pay for any costs incurred.
- I will follow all of the following rules, as well as any additional verbal instructions from mom and Dad, regarding the use of this phone. Failure to do so will result in loss of phone privileges.

Phone Usage Rules:

Merry Christmas! You are now the proud owner of a iPhone. Wow! You are a good & responsible 13 year old girl and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well-rounded, healthy young woman that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership.

1. We, your parents, will always know the password. Always. We also have the right to look at the phone any time we ask.
2. Do not delete texts or conversations in attempt to hide them from mom and dad. We can, at any time, obtain a printout of all conversations from our service provider, and we will.

3. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a call if the screen reads "Mom" or "Dad." Not ever. If you miss a call from us, call us back. Immediately.
4. Do not delete, or turn off location services, for any apps that are installed on your phone to protect you. These include, but are not limited to, Life 360, Mama Bear and Find My iPhone.
5. Protect your privacy and do not give this cell phone number to anyone with whom you or your parents are not familiar.
6. When at home, you can use your phone in the main living areas. Your phone is not to go upstairs with you. It is also not to go into the bathroom with you. It is not an appendage. You will survive.
7. Hand the phone to one of your parents promptly at 8:30pm every school night & every weekend night at 10:00pm. It will be shut off for the night and turned on again at 7:00am. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to these instincts and respect other families like we would like to be respected.
8. Do not use this phone whenever the family is eating together – at home or at a restaurant. Also, leave it off during family time (games, movies, etc.) Be with the one you're with – not with someone in cyberspace.
9. Do not use this phone during school. Have a conversation with the people you text in person. It's a life skill. If you need to get a hold of Mom or Dad during the day, use it only then and according to school policies.
10. Speaking of school, if your grades start to slip, we will take the phone. If we see the phone is becoming a distraction from school and/or your studies, we will take it then too.
11. Likewise, if the phone appears to be controlling you—your time, your behavior, your attitude, etc., we will take it away until we can see that this is no longer an issue.
12. If it falls into the toilet (refer to Rule 6), smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.
13. Do not use this technology to hurt, lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first and stay out of the crossfire.
14. Do not text, email, or say anything through this device you would not say in person.

15. Do not text, email, or say anything to someone that you would not say out loud with your parents or their parents in the room. Censor yourself.
16. No porn. Search the web for information you would openly share with us. If you have a question about anything, ask a person - preferably one of us – your mother or father.
17. Turn it off, silence it, put it away in public. Especially in a restaurant, at church/youth group, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.
18. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear especially a bad reputation.
19. Notify us immediately if you receive inappropriate texts, phone calls, pictures and the like.
20. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory forever, or at least until you are old, like your mother.
21. Put this phone down sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO (fear of missing out).
22. Download music (with permission) that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.
23. Do not read or listen to explicit material. Be prepared to read or listen to anything on your device in the presence of your parents. And to discuss said material with us. Does that sound awkward? Then you shouldn't be filling your mind with such material.
24. Play a game with words or puzzles or brain teasers every now and then. Draw a picture. Color.
25. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a neighbor. Wonder without googling. Excessive use of this phone will result not only in missing out in life, but also in the loss of the phone.
26. You will mess up. We will take away this phone. We will sit down and talk about it. We will start over again. The three of us, we are always learning.

We are on your team. We are in this together. It is our hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine.

27. We love you. We hope you enjoy this awesome new iPhone.

Sample Family Internet Safety Contract

1. I will always tell my parents or another adult immediately if I see something confusing, scary, or
threatening on the Internet.

2. If someone I meet online requests to meet with me in person I will say "no" and tell my parents.

3. I will not purposely search and/or view inappropriate images on my computer, phone, or device
or another person's computer, phone, or device.

4. I will ask my parents or another adult before opening any email, files, links, pictures, or games
from people that I don't know or trust.

5. I will not send inappropriate or revealing pictures of myself to anyone.

6. I will never initiate or participate in cyberbullying.

7. I will stay in control of my online reputation. I understand that what I post online will directly
reflect how others (such as teachers, employers, parents, strangers, and coaches) perceive me.

8. I understand that all online choices have offline consequences, and in some cases may have
legal implications.

9. I will not give personal information online, even to get so-called freebies. Just as in the physical
world, if it sounds too good to be true, it probably is.

10. I will not create or use email addresses, I.M. names, chat nicknames, and so on that give
away too much personal information. I will make them gender-neutral, with no age or location
information, and they will not sound provocative.

11. I will not include personal information in my "public" profile, such as: my birth date, address,
phone number, email address, school schedule, passwords, account information, and so on.
These can be used to locate me or steal my identity.

12. I will only buy things online if I have my parents' permission.

13. If I'm ever in doubt, I will talk with my parents or another adult for clarification or permission.

14. I will provide to my parents all usernames and passwords to my email, social networking, and
other online accounts.

Consequences for misuse of the Internet will be:
_____
_____
_____
_____
_____
_____

Child/Teen Signature:
_____Date:_____

Parent Signature:_____
Date:_____

Creating a Family Covenant

As you create your family technology covenant, here are some categories to think about that might help you work to establish healthy media rituals:

1. **WHERE:** Where do we use media together or separately throughout the house?
2. **WHEN:** When do we typically use media during the day and throughout the week?
3. **WHO:** Who do we use digital media with or without - family, friends, teammates, adults at church? What are appropriate ways to use media in those different relationships?
4. **WORK:** What times and places are devoted to work and to homework, and how are those distinct?
5. **PLAY:** When and where does play happen, and how is that uniquely set apart from work?
6. **RITUALS:** With these previous categories in mind, what might be a few consistent family rituals, with or without media, you can try to "carve in stone" on your family's calendar?

Practical ideas:
Some examples of rituals that are valuable to families we studied include:

- One Family: Implement "One Screen" times, meaning everyone is watching the same screen (often playing a movie or playing video games together) without screen multitasking.
- Regular video chats with extended family members who live far away.
- Family game nights when members take turns choosing the game. Try mixing up tech and non-tech play. One dad likes to intersperse digital basketball with kids with physical hoops before and after each video game.
- Sending positive, affirming text messages to each other (but for parents, trying to have a few consistent times you do so as opposed to bombarding your kids with unwanted texts).
- Developing guidelines for when kids can use their devices in the car. Perhaps kids can't be on their phones as you're driving to school or on the first five minutes after you pick them up, since these are often golden times for family conversation.
- Encouraging your kids to look for apps that might resonate with what they are already passionate about. One family's daughter catalogued every book their family owned using a library app. It worked out well

because she loved to read and was interested in working for a library someday.

- Digital scrapbooking or family archive projects can be great, tactile ways to think together with kids about family and media and let them be the experts.
- Designating a specific box, basket, or bowl to put devices in to avoid using them during certain time. One family keeps this in the center of their table during dinner, another family by the door, and still another said they use it primarily when friends come over - more as a way of helping their kids' friends practice boundaries than their own kids.
- Setting up time restrictions to limit when or for how long kids' devices can connect to their family's Wi-Fi. Some parents made these open discussions; others were more covert. One dad, Carl, told us that he intentionally placed a second Wi-Fi router in a place that would interrupt the signal in kids' bedrooms. He explained, "You can't be too obvious about it, but I think making it even just a little inconvenient for them to download quickly and connect can be enough to nudge them from overuse."
- Treating going to a restaurant as a special occasion for the family to enjoy time together. Kids can only use their phones in "show and tell" mode, meaning they only use devices to pull up a photo or look up something everyone is talking about, not as an alternative to being part of the conversation.
- Inviting kids to do tech tutorials with parents and grandparents.

Source: Right Click

If your child is being bullied

If you think your child is being bullied online, or if you simply want to prevent it from happening, here are some steps you can take:

1. Make yourself a safe person to talk to.

More than half of bullied teens have sought advice when they witnessed meanness or cruelty online. Of those, half turn to friends or peers for advice, while a third turn to parents. If you want your child to turn to you when she encounters meanness online, you need to set yourself up as the go-to person before bullying begins. Talk to your children frequently about appropriate and inappropriate online behaviors, and make sure you listen to your children when they come to you with questions or concerns.

2. Set security and privacy standards with your kids.

Parents, especially those who grew up with computers or the Internet, may take the basics of computer literacy (like not sharing passwords) for granted. For teens, however, such behaviors may feel like a sign of trust of their peers. As many as 30% of teens share their passwords with friends or significant others.

Sit down with your children and set safety and privacy standards, including giving you a list of their social networking and e-mail accounts and passwords. Start by having your children sign the Family Internet Safety Contract at the end of this book.

If your children are old enough to use social networks, you should also sit down with them and walk through the privacy settings (for instance, limiting who can see photos or status updates). Since Facebook in particular is notorious for changing its privacy settings with little warning, make sure to double-check them once a month.

3. Monitor their Internet use.

Much like you wouldn't let your child go to a stranger's house, as a parent it is your responsibility to know where your children go online. In addition to keeping all computers and mobile devices in a public space, sign up for an Accountability service like Covenant Eyes. You will receive a regular report of all of the sites your kids visit.

With regular Internet use reports, you can see when your kids are heading down paths that may put them at risk. You may even discover when your child is being harassed...and cut off the abuse before it gets worse.

4. Teach your kids how to respond to bullies.

Given that 88% of social media-using teens have witnessed other people be mean or cruel on social network sites, it's important to teach your child how to respond, whether it's an attack on them personally or on a friend or acquaintance. In some instances, ignoring the behavior may be the right response, since the bully may only be seeking attention. They also need to be taught to stick up for another person who is being bullied...and, when necessary, to approach you, a teacher, or another authority figure.

When kids saw something act mean or cruel on social network sites:

74% just ignored it   **61%** defended the victim and/or told the bully to stop being mean or cruel

9% joined in the harassment   **79%** never joined in the harassment

5. Work with your child to determine the course of action.

If you discover your child being bullied, it may be easy to panic and take extreme measures. For instance, your response may be to take away their Internet access (after all, if your child can't see the bullying, they can't be hurt by it). However, this may mean that your child no longer comes to you with their problems. The better solution might be to ask them to explain the situation fully and work with them to decide on the next steps. You may still need to take decisive action, but by discussing the issue first you and your child can often find an effective solution.

6. Block and report the bully.

An easy solution to prevent online harassment is to block the bully from your child's profile. Facebook allows you to unfriend users, for example. If your child's profile has been hacked, use this opportunity to change the passwords, and if a fake profile has been set up in their name, use the site's reporting tools to request that the page be removed.

7. Contact the parents of the bully.

It is entirely possible that the bully's parents have no idea what is going on. If your child knows the name of the attacker, contact their parents, explain calmly how your child has been hurt by this behavior, and ask them to speak with their child. Be careful in your tone; it is likely that the bully's parents will leap to defend their child, and speaking with anger will only exacerbate the issue.

8. Notify the school administrators.
Since cyberbullying is usually accompanied by physical bullying, consider approaching your child's teachers or principal. Since some schools have been sued for stepping in and punishing a child for online harassment, most schools will be cautious about taking action. However, by notifying them, they can be on the lookout for harsh teasing in the classroom and in the school halls.

9. Save the evidence.
In some cases, bullies have been brought to court for their behavior. Start collecting evidence of the bullying behavior long before this is necessary. Take screenshots of hurtful comments, and have your child use chatting tools which record conversations.

10. Consider getting counseling for your child.
If the bullying is ongoing, professional care may be required to help your child cope. A counselor can help a teen work through the pain and learn coping methods. If in doubt, seek professional care sooner rather than later.

Source: A Parent's Guide to Cyberbullying

Online stranger danger

It's important to remind your kids how to protect themselves from online stranger danger.

- Keep your profiles set as private.
- Remember that people can easily pose as someone else online.
- Online profile photos cannot prove someone's identity.
- If someone sends you inappropriate photos, tell an adult immediately.
- Never give out personal information such as your address, phone number, or school name.
- Don't accept friend requests from people you don't know — even if you have mutual friends.
- If someone asks you to meet them in real life, tell an adult immediately.
- NEVER meet a person you met online in real life.
- Only chat with people you know face to face.
- Don't post anything you wouldn't want Grandma to see.
- Never post a mean comment about someone.
- Set up privacy settings so only followers can see your photos. Then they have to send you a follow
- request which you can either approve or deny.
- Be careful posting your location. If you allow anyone to follow you, then they may be able to see
- the location information when you post a picture of your home or your school. You can remove
- those locations from your photos by editing your photo map (more on how to do that here).
- Always report any abusive behavior, the app makes it easy to do. Also, feel free to block a user if
- they creep you out! (Just don't block Mom or Dad, or they won't pay your phone bill!)

"Steps Parents can Take" to help their kids avoid harmful sites:
- Enable Parental Controls on ALL Mobile Devices and Computers.
- Retain login Information for ALL social networks
- Lock the GPS Location, such as location services so the current location of your child can remain
  hidden.

- Always know the passwords. This is easy if you start young, and very difficult if you walk up to
your 17-year-old for the first time and ask them for their Twitter password, but you are the parent.

Strategies for Facing Down Online Danger

STICK TO THE BASICS: Kids who have clear time and space boundaries and who regularly use and talk about media together and with other family members are typically at a lower risk of succumbing to both the dangers and temptations they encounter online.

TAKE SCREENSHOTS: One of the biggest prevention protocols we encourage parents to learn and teach their kids is to take screenshots and send them to each other via private text messages. This can be something you do for fun as well as online safety - if one kid sends you something funny, screenshot it and share with the rest of the family.

Once your kid knows how to do this, encourage them to quickly take and send you a screenshot of anything makes them feel uncomfortable or confused. This applies to both static content like photos on a site and social interactions they experience on apps, chats, and so on. You might also encourage them to share happy moments like the completion of a hard level in a game.

When one of your kids sends you a screenshot of a negative interaction, send a reply confirming that you received in and discourage them from reacting or responding right away. Instead, encourage them to close or delete what is is and leave whatever site or app their using, knowing that they can process it with you later. This teaches kids not to respond impulsively or to continue exploring - both of which are impulsive control responses that will be valuable as they get older.

Sharing screenshots can also work as great preventative medicine. Kids will recognize how digital content doesn't' go away as easily as they suspect. They'll quickly figure out that others can capture what they are saying and sharing as fast as they can. As one mom we spoke with told us, "I grabbed my daughter's phone and took a screenshot of something on an app, which she thought would be instantly deleted, and texted it to myself. Then I showed her on my phone and said, "See? Now it's permanent. Oh and look, I can send this to all my friends too."

TRUST YOUR INSTINCTS: Kids behavior tends to be very consistent on and offline. If your instincts as a parent tell you something is up with one of your kids, trust that and talk with him or her. As you do, remember that what's

bothering them might not be something that happened in what we call "real life," but rather online. The line between on and offline is incredibly thin for our kids and they interpret social interactions in both very similarly (while they continue to learn the distinction between the two).

USE A CONTENT BLOCKER…. ONLY AS A BACKUP: Various filters, blockers, and monitoring options can be helpful as a first strategy. Based on our discussions with parents, we have intentionally chosen not to be recommend specific filters, blockers, or apps because this is a new and emerging market. For every new app teens start using, developers release new products and improvie older platforms, and teens (and adults) start generating workarounds.

Our best advice is to talk to parents you trust who have slightly older kids than yours (and keep in mind that media use can vary between genders, so if you have boys, talk to a parent of other boys), as well as the parents of your kids' friends. You'll probably narrow your search to two or three options that you can then do a little more research about before choosing one.

If you're in close relationship with a handful of families, it may also be helpful to ask all those families to agree on using a few of the same blockers or filters. These tools inevitably have weaknesses and drawbacks that both parents and kids discover as they use them. By agreeing to use the same software as your kids' friends, you can both alert and be alerted by other parents about any issues that might arise.

CREATE A PARENT RITUAL FOR CHECKING TEXTS AND SOCIAL SHARES:
Among the parents we spoke with, virtually all of them talked about frequently looking through their kids' texts, chats, and profiles up to a certain age (which varied depending on each kid) to see what kids of things they might find. One mom made a helpful observation about this type of monitoring. "The longer you wait in between checking, the more you have to dig through." As she started to appreciate this herself, she decided to make it a weekly ritual. "We sit down very comfortably, in a non-adversarial kind of way, and she just shows me what's going on in her life what she's up to."

Alongside this, another helpful tip is to keep an eye on the types of advertising that come up with while you're online on computers or logins you share. Many times kids will delete their browsing history, hoping to erase any record of where they've been. Companies that sell advertising online do so based on the

sites that have been visited, whether or not the user deletes that history. Several parents told us that they have found out something was up thanks to particular ads that caught their attention.

BE THOUGHTFUL ABOUT ACCOUNT NAMES: Another strategy is to have kids use a pseudonym that is just a slight step away from their real name when they first begin using social media. One dad helped his son, who normally goes by J.T. Smith, set up a profile as Jon Thomas. This allowed the son to safely connect with friends and family, as possibly make some adolescent mistakes along the way, without harming J.T. Smith's reputation years down the road.

Similarly, parents might consider including the word "family" when they set up email accounts for their kids (e.g. art.bamford.family@website.com). The word "family" deters some solicitations and spam because it usually means that an entire family has access to an account rather than an individual.

Note that older teens may create accounts that use pseudonyms as a way to hide interactions with friends, or particular types of sharing, from their parents and other adults in their "public" network. It's important to talk with your kids about this and some of the negative impact of this kids of behavior.

Source: Right Click

Six Steps to Take After They Make a Mistake

There are a variety of ways young people might screw up in seriously bad ways using social media. So, if it happens to your family, what can you do?

Here are six basic steps you might take in the immediate fallout from a digital disasters, distilled from our conversations with parents who have been there. Ideally you'll never need this list, but it is good to have it filed away just in case.

1. **Take a deep breath and count to ten** - Seriously. When teens make bad decisions using digital media, it often has more to do with lack of impulse control than lack of character. If they had stopped to think before sharing, they wouldn't have shared. The problem is they don't often stop to think. This is actually developmentally appropriate for an adolescent, not a deep flaw of your particular child. As tough as this may be, it is important that parents try to model a bit of restraint by reclaiming our cool before we react.

2. **Assess the content situation** - A lot of social media mistakes we heard about involved sharing inappropriate content. In some cases it was between two teens, and in other cases it spread to the whole school (and beyond). Because digital content can be shared so quickly, it is not enough to have your son or daughter delete something from a personal device. Figure out how far the content in questions may have spread. For example, if your daughter sent something inappropriate to her boyfriend, you'll want to speak with the boyfriend's parents and figure out of he sharing what she sent with any friends. Don't assume that all digital content goes from zero to viral instantaneously. It is possible that just one, five, or ten other kids have a copy of something. But the sooner you begin to contain the flow, the better.

3. **Contact other parents** - While you're trying to assess the situation, and as you're trying to stop content from spreading any further online, don't hesitate to contact the other parents involved. Be honest and let them know you are trying to handle the situation, and talk through what seems appropriate for all parties. Try to do this as kindly as possible, and don't let your embarrassment stall you. These conversations must happen now. Welcome to parenting teenagers in a digital world. You're better off making calls ASAP than waiting to receive them.

4. **Reach out to school, church, and (if necessary) police** - All of us are in the midst of new kinds of problems that arise from digital media use. Several parents we spoke with told us that they reached out to their kids' school for support, called their youth pastor, or even drove to the local police department to figure out what they should do (especially when the situation involved sharing nude images). Many of these folks understand where you're coming from, deal with similar questions often, and will be as supportive as possible. Unfortunately, a lot of educators, pastors, and friends in law enforcement we asked about this said the felt under utilized by parents from their church and in their community.

5. **Make sure the punishment fits the crime** - Gossip at schools has shifted from "Did you hear?" to "Have you seen?" You may very well catch your son or daughter with something very scandalous or explicit on their device. Before you freak out, figure out why it's there. Some kids may receive the latest gossip image and keep it simply for the sake of feeling included. That doesn't make it okay, but it is quite different from being the one who took the photo, shot the video, or appeared in a photo or video. Let you kids know that you "get" this and want to be reasonable, while also upholding you family's standards for what is appropriate. The conversation you need to have might be about which friends they're connected with, and how they feel about what's being shared between friends, in addition to their own behavior. When your son or daughter is the instigator of the content, talk with them about what they think reasonable discipline might look like. Taking away devices or online privileges for a season is often the most appropriate response. Making private or public apologies might also be important, especially if something was shared that caused real or potential damage to another student or a group of peers. Commit to stand with your child as they make the apologies, and keep reminding them (and yourself) that this mistake is not the end of the world. Center those conversations in your love and support, and in God's relentless grace. Jesus is bigger than any mistake! He can handle digital media failure.

6. **Get behind the behavior to the real issues** - Sometimes this type of behavior can be sheer adolescent development in action, complete with a lack of future thinking or regard for consequences. But inappropriate or destructive behavior can also be a way of getting grown-ups to pay

attention. It is easy to think that once the situation has been handled and some type of punishment has been put in place, our parenting job is done. In reality, it may only be the Band-Aid on the wound.

If you take away your son or daughter's digital media privileges, take the opportunity to reconnect with them and figure out how they're actually doing. One dad told us he was shocked to discover that his daughter was suffering from depression. She had shared inappropriate texts, and he had taken her phone away for a while. He realized, "Media actually hid her depression from us. We drew too much from it and inferred things from what she posted." They missed the warning signs that emerged once her social media stepped offstage.

Source: Right Click

Digital Christians

A fantastic question for families to talk about is: "What does it mean to be a digital Christian?" Kids will likely tell you what you want to hear at first: Don't use bad words or go to inappropriate websites. But push the question past what we don't do:

- How can we be peacemakers or peacekeepers on social media?

- How can we use our online anonymity to be a blessing to strangers, like a superhero in disguise rather than a troll? Encourage your kids to make an anonymous gift online or post an affirming comment on something, and talk to them about how it makes them feel and how they imagine someone the receiving end as well?

- Explain the parallels between our offline ethics and online practices. Why do we feel it is important to purchase and download music when we could have it for free instead?

- How can we affirm and build up friends and peers publicly on social media or privately through a text or chat? Simple acts of kindness are often just as appreciated online as in person.

- What does it look like to share and celebrate good news with friends rather than bragging or showing off? Talk with your kids about when it is okay to share something that might feel like bragging.

- How do you weigh in on issues of social justice, using social media to engage issues important to you? What does it look like to reflect your faith in the ways you respond or call others to action?

- After church services, ask kids how they could share their takeaways on social media using images rather than words (which sounds like a challenge to use, but probably won't be for them).

- Share and discuss any Christian apps you use. Almost all of the parents in one of our focus groups said they regularly used some Bible study apps, but none had recommended or installed any of these tools onto their kids' phones! Just seeing an app icon with a cross or Bible on it can

be a helpful, frequent reminder regardless of whether or not kids use it. For younger teens, arrange the icons on your kids' home screens so that these apps are the the ones they use most often!

Source: Right Click