Technology: Candy Gibbs

New Stats from [Pew Research](#) (Jan 2016)
- 61% of parents say they have ever checked which websites their teen visits.
- 60% have ever checked their teen's social media profiles.
- 56% have ever friended or followed their teen on Facebook, Twitter or some other social media platform.
- 48% have ever looked through their teen's phone call records or text messages.
- In addition, nearly half (48%) of parents know the password to their teen's email account, while 43% know the password to their teen's cellphone and 35% know the password to at least one of their teen's social media accounts.
- 39% of parents report using parental controls for blocking, filtering or monitoring their teen's online activities.
- 16% use parental controls to restrict their teen's use of his or her cellphone.
- 16% use monitoring tools on their teen's cellphone to track their location.
- 94% of parents say they have ever talked with their teen about what is appropriate for them to share online, with 40% doing so frequently.
- 95% have ever talked with their teen about appropriate content for them to view online, with 39% doing so frequently.
- 95% have ever talked with their teen about appropriate media to consume (such as TV, music, books, magazines or other media), with 36% doing so frequently.
- 92% of parents have ever spoken with their teen about their online behavior towards others, with 36% doing so frequently.

Stats from www.Parent.co, October 2016
- 70% of children 7 to 18 years old have accidentally encountered online pornography, often through a web search while doing homework.
- 90% of children ages 8-16 have seen online pornography.
- Law enforcement officials estimate that more than 50,000 sexual predators are online at any given moment.
- 1 in 5 youth ages 10 to 17 received a sexual solicitation or were approached online.
- Only a fraction of all inappropriate Internet episodes are reported to authorities.
- 69% of teens regularly receive online communications from strangers and don't tell a parent or caretaker.

Recommended site for checking out new apps, movies, game sites, and more: Common Sense Media
https://www.commonsensemedia.org/

Great sites with general technology safety:
- www.theiphonemom.com
- www.theonlinemom.com
- www.connectsafely.org
- www.securemom.com (internet safety checklist)

Web-browsers that have parental protection and filtering:
- K9 Web Protection Browser
  By Blue Coat Systems, Inc.
  http://itunes.apple.com/us/app/k9-web-protection-browser/id407657840?mt=8
- Mobicip Safe Browser with Parental Controls
  This is $4.99 and had positive reviews. If you want to customize the filtering you have to pay for a subscription service at $9.99 per year.
  https://itunes.apple.com/us/app/mobicip-safe-browser/id299153586?mt=8

Programs that will allow you to see the phone calls and text messages your child is sending:
- http://www.mobile-spy.com
- http://www.mymobilewatchdog.com (This is a program to help you track social media. You link your children's accounts to it and the program will send you reports on risky behavior and flags

inappropriate language. Obviously having access to your child's account would eliminate the need for this, but you may find this helpful.)

- http://www.socialshield.com

Parent Controls:
- Apple Devices:
  http://netsecurity.about.com/od/frequentlyaskedquestions/a/How-To-Setup-Parental-Controls-On-An-Ipad-Ipod-Touch-Or-Iphone.htm
  http://www.commonsensemedia.org/blog/how-to-set-parental-controls-on-the-iphone
- To disable Safari: Go to Settings/ General/Restrictions (Which should be turned on), enter your passcode, then simple turn off any apps you choose. Turn Safari off.
- Kindle/Kindle Fire:
  http://www.amazon.com/gp/help/customer/display.html?nodeId=201239620
- Netflix:
  https://help.netflix.com/en/node/264
- Android:
  http://mamabearapp.com/parental-control-apps-android/
- Take the time to research for yourself what device your child has, what parental controls are available. No parental control is fool-proof (our kids are smart), we need to be the one's monitoring, not the device.
- YouTube Parent Controls:
  https://support.google.com/youtube/answer/174084?hl=en-GB
  You can use Restricted Mode to help you to screen out potentially inappropriate content that you may prefer not to see or don't want others in your family to see on YouTube.

Two Free E-books from Covenant Eyes:
- Protecting Your Family Online-- http://www.covenanteyes.com/learn-to-protect-your-family-with-this-free-how-to-guide/
- Parenting the Internet Generation-- http://www.covenanteyes.com/parenting-the-internet-generation/

<u>Scary Technology Trends:</u>

*Snap Chat
This iPhone app allows users to send photos that will "self-destruct" within 10 seconds, encouraging kids to feel more comfortable "sexting" with peers. Once the recipient opens the pic, the timer starts and the image destructs once the time has expired. This app gives kids a false sense of security in sending inappropriate pictures or texts; however, damage can still be done within a specified time frame. Talk to your child about the dangers of sending risky photos. The recipient is able to take a photo of their screen with the text is showing. This creates a problem when that recipient forwards or shows others.

Chatroulette
Log into the site and people are randomly connected -- over video, audio, and text -- with another person logged into the site.
Texas Attorney General Greg Abbott has issued a consumer alert warning parents to keep their children away from video chat Web site Chatroulette.
One estimate, from the Texas Attorney General's investigation (http://www.dallasnews.com/sharedcontent/dws/news/texassouthwest/stories/030810dnnatchatroulette.18a0...) is that nearly half of the people found on the site were behaving in inappropriate ways. Just what you would want your middle schooler to be party to, I'm sure. An <u>analysis</u> of Chatroulette traffic earlier this year by RJMetrics provided the following results:
- 89% of single people were male, 11% female. In fact, you are more likely to encounter nobody at all than a single female, and twice as likely to encounter a sign requesting female nudity than you are to encounter actual female nudity
- 1 in 8 sessions result in something R-rated or worse, including explicit nudity, and lewd act.

Puff or Blow Skirt
Beware Peeping Toms! Although these apps are not full nudity, your children can blow a lady's dress up ... literally. Once downloaded, the user can blow into the microphone or use a swiping motion to lift the skirts of girls in pictures. While most are wearing underwear, it still sends the wrong message. Do we really want our children participating in something like this as a joke or to pass the time?

Poof
by Cydia. With one touch, Poof makes apps disappear before parents' prying eyes, allowing young users of "jailbroken" iPhones to virtually hide apps they don't want you to see. All your little tech genius needs to do is open Poof and select which app he or she wants hidden, and you'll never know it's there.

*KiK Messenger
This kicky app for all types of smartphones is a mini social network. Similar to iChat or Google Chat, users can talk to multiple people, upload pictures, files and even send built-in greeting cards or sketched pictures. The reviews read like dating ads, with users looking to get to know more people. This app has become a way for teenagers to sext with strangers. Make sure you talk with your kids about the dangers of "meeting" people online!

*Yik Yak
A relatively new gossip app called Yik Yak (free) allows users to anonymously post news, shout-outs, and jokes for people in a set radius to read. The scary side effect is users anonymously posting cruel comments about their peers — from calling a classmate a derogatory term to wishing them dead. Though the app is intended for people ages 17 and older, middle and high school students have found their way onto it and are using it to bully their peers. One student even took to New York Magazine to write about the effect the app has had on his classmates, saying it brought his high school to a halt. (PopSugar Moms, 2015)

*Hastag #ThighGap
It's had such dangerous repercussions that it's been blocked by Instagram, but the trend is alive and well on Twitter. Even more frightening? A quick search of #ThighGap resulted not only in girls sharing their scarily skinny selfies, but also news outlets promoting weight-loss stories on the topic. Mixed messages, much? (PopSugar Moms, April 2015)

*Hashtag #Frail
It's no surprise that Instagram and other photo-sharing sites serve as sounding boards for adolescents suffering from body image issues. Do a quick Instagram search for photos tagged with "#Frail," and you'll be appalled at what (mostly) girls are sharing. One photo included the comment "Still in my pajamas and still in bed but here's a belly check. Still fat," along with hashtags for "anorexia," "bones," and "bodycheck." (PopSugar Moms, April 2015)

*Secret-Sharing Sites
The addiction that comes with reading complete strangers' deepest, darkest truths is understandable. But for impressionable tweens and teens, sites like PostSecret and Whisper can be dangerous confessional outlets and sources of inspiration for unhealthy and unsafe actions. (PopSugar Moms, April 2015)

After School App
Ominously, the app's tagline says it provides "Funny anonymous school news for confessions and compliments". That alone should be enough to set parents' alarm bells ringing. The entire app revolves around anonymous and private message boards for any given school. Messages can take the form of videos, pictures, or regular text. Anyone in a school can see all the messages posted, and users are not identifiable in any way unless they reveal personal details within a message. (Makeuseof.com, April 2016)

Minecraft
Yes, Minecraft! Minecraft has an age restriction of ages 13+; however, most parents think it is appropriate for preschool aged children. Minecraft has a sex mod (also called "sexcraft") that can be accessed in the game app. There are also live chat options for the user to connect with other players. Some children don't play Minecraft, but watch YouTube videos of others playing it—this is typically profanity laced narration.

Texting Slang Terms Every Parent Should Know…

- ASL(RP)   Age Sex Location (Race/Picture)
- BF/GF   Boyfriend/Girlfriend
- BRB   Be Right Back
- CD9   Code 9 – means parents are around
- GNOC   Get naked on cam (webcam)
- GTG   Got to go
- IDK   I don't know
- (L)MIRL   (Let's) Meet in real life
- LOL   Laugh out loud
- MorF   Male or Female
- MOS   Mom over shoulder
- NIFOC   Naked in front of computer
- Noob   Newbie
- NMU   Not much, you?
- P911   Parent emergency
- PAW   Parents are watching
- PIR   Parents in room
- POS   Parent over shoulder
- PRON   Porn
- PRW   Parents are watching
- S2R   Send to receive (pictures)
- TDTM   Talk dirty to me
- W/E   Whatever
- WTF   What the f…
- GNRN   Get naked right now
- FMH   F….me harder
- IWS   I want sex
- IIT   Is it tight?
- Q2C   Quick to come
- RUH   Are you horny?
- SorG   Straight or Gay
- JO   J… off
- YWS   You want sex
- WYCM   Will you call me?

Popular Hashtags [(From Parents.com Jan 2017)](#)

- **#deb** for "depression"
- **#sue** for "suicide"
- **#ana** for "anorexic"
- **#mia** for "bulimia"
- **#ednos** for "eating disorder not otherwise specified"
- **#thinsp** for "thinspo" or "thinspiration"
- **#borderline** for "borderline personality disorder"
- **#svv** for "selbstverletzendes verhalten" or self-harming behavior
- **#secretsociety123** for a community of people who engage in NSSH, or non-suicidal self harm
- **#420** for "weed" or "pot," which can also be represented by the maple leaf emoji, any of the green leaf or tree emojis, the pineapple (a reference to stoner flick *Pineapple Express*), and the green check mark, as in "Yes, I have or can get some."

The Twelve Steps of Bonding

by Dr. James Dobson

Let me explain why sexual abstinence is so important to marriage and how it is related to the process of bonding. To do so, I will quote from my earlier book, *Love Must Be Tough*, in which I discussed the research findings of Dr. Desmond Morris. These insights were conveyed to me through the writings of my good friend, Dr. Donald Joy, and I am grateful to him for bringing them to my attention. I consider the concept of marital bonding to be one of the most vital understandings ever offered on the subject of long-term marriage. Read carefully, please.

Bonding refers to the emotional covenant that links a man and woman together for life and makes them intensely valuable to one another. It is the specialness that sets those two lovers apart from every other person on the face of the earth. It is God's gift of companionship to those who have experienced it.

But how does this bonding occur and why is it missing in so many relationships? According to Drs. Joy and Morris, bonding is most likely to develop among those who have moved systematically and slowly through twelve steps during their courtship and early marriage. These stages, described below, represent a progression of physical intimacy from which a permanent commitment often evolves.

1. *Eye to Body*. A glance reveals much about a person -- sex, size, shape, age, personality, and status. The importance people place on these criteria determines whether or not they will be attracted to each other.

2. *Eye to Eye*. When the man and woman who are strangers to each other exchange glances, their most natural reaction is to look away, usually with embarrassment. If their eyes meet again, they may smile, which signals that they might like to become better acquainted.

3. *Voice to Voice*. Their initial conversations are trivial and include questions like "What is your name?" or "What do you do for a living?" During this long stage the two people learn much about each other's opinions, pastimes, activities, habits, hobbies, likes and dislikes. If they're compatible, they become friends.

4. *Hand to Hand*. The first instance of physical contact between the couple is usually a non-romantic occasion such as when the man helps the woman descend a high step or aids her across an obstacle. At this point either of the individuals can withdraw from the relationship without rejecting the other. However, if continued, hand-to-hand contact will eventually become an evidence of the couple's romantic attachment to each other.

5. *Hand to Shoulder*. This affectionate embrace is still noncommittal. It is a "buddy" type position in which the man and woman are side by side. They are more concerned with the world in front of them than they are with each other. The hand-to-shoulder contact reveals a relationship that is more than a close friendship, but probably not real love.

6. *Hand to Waist*. Because this is something two people of the same sex would not ordinarily do, it is clearly romantic. They are close enough to be sharing secrets or intimate language with each other. Yet, as they walk side by side with hand to waist, they are still facing forward.

7. *Face to Face*. This level of contact involves gazing into one another's eyes, hugging and kissing. If none of the previous steps were skipped, the man and woman will have developed a special code from experience that enables them to engage in deep communication with very few words. At this point, sexual desire becomes an important factor in the relationship.

8. *Hand to Head*. This is an extension of the previous stage. The man and woman tend to cradle or stroke each other's head while kissing or talking. Rarely do individuals in our culture touch the head of another person unless they are either romantically involved or are family members. It is a designation of emotional closeness.

9-12. **The Final Steps**. The last four levels of involvement are distinctly sexual and private. They are:

- (9) **Hand to Body**,
- (10) **Mouth to Breast**,
- (11) **Touching Below the Waist**, and
- (12) **Intercourse**.

Obviously, the final acts of physical contact should be reserved for the marital relationship, since they are progressively sexual and intensely personal.

What Joy and Morris are saying is that intimacy must proceed slowly if a male-female relationship is to achieve its full potential. When two people love each other deeply and are committed for life, they have usually developed a great volume of understandings between them that would be considered insignificant to anyone else. They share countless private memories unknown to the rest of the world. That is in large measure where their sense of specialness to one another originates. Furthermore, the critical factor is that they have taken these steps in sequence. When later stages are reached prematurely, such as when couples kiss passionately on the first date or have sexual intercourse before marriage, something precious is lost from the relationship. Instead, their courtship should be nurtured through leisurely walks and talks and *"Lover's Secrets"* that lay the foundation for mutual intimacy. Now we can see how the present environment of sexual permissiveness and lust serves to weaken the institution of marriage and undermine the stability of the family.

-- From *Love For A Lifetime*, by Dr. James Dobson, pp. 32-34