

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.

Victoria Prooday, Occupational Therapist & writer at [YourOT.com](#), October 2017:

- *1 in 5 children has mental health problems*
- *43% increase in ADHD*
- *37% increase in teen depression*
- *200% increase in suicide rate in kids 10-14 years old*

She goes on to say that "Today's children are being deprived of the fundamentals of a healthy childhood:

- Emotionally available parents
- Clearly defined limits and guidance
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement and outdoors
- Creative play, social interaction, opportunities for unstructured times and boredom

Instead, children are being served with:

- Digitally distracted parents
- Indulgent parents who let kids "Rule the world"
- Sense of entitlement rather than responsibility
- Inadequate sleep and unbalanced nutrition
- Sedentary indoor lifestyle
- Endless stimulation, technological babysitters, instant gratification, and absence of dull moments

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 simply 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/>

Teen Technology Trends:

Yik Yak: The producers of this app call it "the anonymous social wall for anything and everything." All users are anonymous (registration requires no personal information, other than a user's location), and their posts are called "Yaks" and show up in a live feed for other users — or "Yakkers" — in their area. The app's content-generation and moderation is entirely in the hands of its users (who can "vote" posts up or down in the news feed; after two "down" votes, a Yak disappears). The app is rated ages 17+ and targets college students, who can use it to spread the word about parties and events or share their thoughts. But younger users are easily getting their hands on the app and using it to post hurtful comments and rumors about their peers. Users in Mobile, Ala., and Marblehead, Mass., have even "Yakked" threats against their school, causing safety concerns and disruptions for the schools and local police.

Tinder: Tinder's developers describe the app as "the fun way to connect with new and interesting people around you." But it's mainly used as a dating tool or an anonymous hook-up (read: one-night stand) locator by 20-somethings, college students, and even younger teens and tweens. (Yikes!) The app is rated ages 17+ but Tinder's privacy policy allows teens as young as 13 to register (the app connects with Facebook — which is also technically for ages 13+ — to pull in photos for users' Tinder profiles). Tinder helps people find others in their geographic location and allows users to view each others' photos and start instant messaging once both people have "liked" one another. The geo-location features and anonymous nature of the app put kids at risk for catfishing, sexual harassment, stalking, and worse.

Ask.fm: This app allows users to interact in a question-and-answer format — with friends, peers, and anonymous users alike. The app is rated ages 13+ and is most popular in Europe but is catching on in the U.S. Some kids have used the app for hurtful cyberbullying that has been linked to suicides, including the death of 12-year-old Rebecca Sedwick of Florida. British schools have sent home letters calling for students to stop using ask.fm because of its use in several cyberbullying incidents there, and its loose regulation and lack of monitoring. In response to the uproar in the U.K., the site added a button where users can report abuse, but some parents feel it's too little, too late.

Kik Messenger: Kik is a mobile app that people can use to text with friends at high speed and with more of a "face-to-face feel" than regular texting (users' profile pictures appear in a little bubble next to their text, and they can quickly text photos, sketches, or even pre-designed greeting cards to individuals or groups). The app is rated ages 17+, but there is no age verification so anyone can download it. Like some other instant messenger apps, Kik allows your teen to connect with others using just a username (rather than texting from her phone number). But it begs the question: Should teens be texting with people beyond their phone contacts? Reviews in the App Store and Google Play store reveal that many people use Kik to meet strangers for sexting. The app also been connected with cyberbullying. Rebecca Sedwick, the Florida bullying victim who killed herself, reportedly used Kik and Voxer in addition to ask.fm — receiving messages like "Go kill yourself" and "Why aren't you dead?" — without her mother even knowing about the apps.

Voxer: This walkie-talkie PTT (push-to-talk) app allows users to quickly exchange short voice messages. They can have chats going on with multiple people at a time and just have to tap the play button to hear any messages they receive. Although it largely has an adult following, including some people who use it for their job, it's becoming popular among teens who enjoy its hybrid style of texting and talking. Hurtful messages from cyberbullies can be even more biting when they're spoken and can be played repeatedly. Surprisingly, the app is rated ages 4+ in the App Store.

Snapchat: Snapchat is an app that allows users to send photos and videos that disappear from view within 10 seconds after they're received. It's rated ages 12+. Some kids are using the app to send racy pics because they believe the images can't be saved and circulated. But it turns out that Snapchat pics don't completely disappear from a device, and users can take a screenshot before an image vanishes in the app. And while recent studies revealed that "sexting" (sending sexual messages and images, usually via text message) is not

as popular as parents had feared, "disappearing photo" apps like Snapchat might embolden kids to send more explicit photos and texts than they would have before through traditional texting.

Poke: Poke is Facebook's app that, similar to Snapchat, promises that photos sent will "self-destruct" within seconds after they're received. While Poke isn't nearly as popular as Snapchat, it is still gaining young users who can use it for sexting. Also like Snapchat, the images sent via Poke can be saved or viewed with certain workarounds. The App store rates it ages 4+ (but it is connected to Facebook, which is a 13+ site).

Vine: Vine is Twitter's mobile app that allows users to shoot and share short loops of video (6 seconds or less). It's rated 17+, but children and teens are still downloading it. As with any multimedia app, the content on Vine runs the gamut from naughty to nice. "With the most basic creative searching, kids can find nudity, sex, drug use, offensive language, hardcore sexuality, and more," Common Sense Media says in its review of the app. "While there are plenty of cute, fun videos, even adults might be shocked at some of the things they find."

Whisper: This 17+ app's motto is: "Share Secrets, Express Yourself, Meet New People." It has a similar feel to the now-defunct PostSecret app, which was discontinued shortly after its release because it filled up with abusive content. Whisper lets users set up anonymous accounts to make their messages or confessions overlap an image or graphic (similar to e-postcards), which other users can then "like," share, or comment on. While it allows for creative expression, it can also take overly personal content viral. The app also shows a user's location. Although the app is geared toward older teens and adults, younger children are finding their way to it. A 12-year-old girl in Washington was reportedly raped by a 21-year-old man who met her on Whisper.

Tumblr: Many children and young teens are also active on this 17+ photo-sharing app. It can also be used for sharing videos and chatting. Common Sense Media says Tumblr is "too raunchy for tykes" because users can easily access pornographic, violent, and inappropriate content. Common Sense also notes that users need to jump through hoops to set up privacy settings — and until then, all of a user's photo and content is public for all to see. Mental health experts say that Tumblr can be damaging to adolescents' mental health because it tends to glorify self-harm and eating disorders.

Instagram: This hugely popular photo-sharing site is owned by Facebook, so you may be more familiar with it than with other photo-sharing apps. Users can add cool filters or create collages of their photos and share them across Facebook and other social media platforms. The app is rated 13+ and may be slightly tamer than Tumblr, but users can still find mature or inappropriate content and comments throughout the app (there is a way to flag inappropriate content for review). "Trolls" — or people making vicious, usually anonymous comments — are common. A user can change the settings to block their location or certain followers, but many users are casual about their settings, connecting with people they don't know well or at all.

Shots of Me: Justin Bieber has invested in this 12+ "selfie-only" photo-sharing app in part because he was attracted to its "anti-trolling" aspect; it does not have a comment section under photos posted on the app. Instead of a public comment area, the app has a direct-messaging feature where users can only send private messages to one another. The anti-trolling feature might also help ward off cyberbullying among teens who like to put meanness on display (but teens could still be nasty via private message). The app does show a user's location and how long ago a photo was added unless those features are managed in the app's settings. Shots of Me is currently available only for Apple devices. It's not the only "selfie-centered" photo-sharing app — another one called Frontback has a split screen that allows users to simultaneously share a regular photo and a selfie (think: a photo of the ocean and a selfie of the photographer sitting happily in a beach chair), and easily reveal their location.

****Jailbreak Programs and Icon-Hiding Apps:** These aren't social media apps — and they're confusing — but you should still know about them (especially if you have a tech-savvy teen or have had to take away your

child's mobile phone privileges because of abuse). "Jailbreaking" an iPhone or "rooting" an Android phone basically means hacking your own device to lift restrictions on allowable applications — meaning, the user can then download third-party apps not sold in the App Store or Google Play store (read: sometimes sketchy apps). It's hard to say how many teens have jailbroken their mobile device, but instructions on how to do it are readily available on the Internet. Cydia is a popular application for jailbroken phones, and it's a gateway to other apps called Poof and SBSettings — which are icon-hiding apps. These apps are supposedly intended to help users clear the clutter from their screens, but some young people are using them to hide questionable apps and violent games from their parents. Be aware of what the Cydia app icons look like so you know if you're getting a complete picture of your teen's app use.

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/texasouthwest/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 analysis 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, and; 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.

Hashtag #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)

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.

(<https://www.familyeducation.com/fun/mobile-apps/safety-beyond-facebook-12-social-media-apps-every->

parent-should-know-about?slide=5)

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