

# **Technology: Candy Gibbs**

## **Stats for Pre-teens & Teens' Technology Use**

- 88% of students surveyed use Instagram and Snapchat
- 81% of students surveyed use Facebook
- 66% of students surveyed use Twitter, and 50% say they “use it often”
- Usage of Tumblr, YouTube, and Pinterest each are below 50%
- Snapchat is most valued for keeping in touch with friends (89%)
- 78% of students surveyed said they use Snapchat daily
- 76% of students surveyed said they use Instagram daily
- 66% of students surveyed said they use Facebook daily
- 71% of students surveyed said they use Snapchat more than six times per day
- 51% of students surveyed said they use Snapchat more than 11 times per day
- 90% of Snapchat users surveyed said they enjoy the Geo-Filters
- 85% of Snapchat users surveyed said they enjoy the Snapchat Lenses
- 50% of Snapchat users surveyed said they’d feel disconnected from friends if not for Snapchat
- 25% of Snapchat users surveyed said indicated Snapchat is essential to their relationships  
**[www.socialmediaweek.org/blog/2017/04/stats-gen-z-social-mobile/](http://www.socialmediaweek.org/blog/2017/04/stats-gen-z-social-mobile/)**
- 72 % of college students view porn— 93 percent of males and 62 percent of females — had seen porn before they turned 18, and another study found that 87 percent of college-aged men and 31 percent of college-aged women reported using pornography.  
**[www.deseretnews.com/article/865646668/Addiction-label-may-delay-teens-recovery-from-online-porn.html](http://www.deseretnews.com/article/865646668/Addiction-label-may-delay-teens-recovery-from-online-porn.html)**
- In 2016 alone, one particular porn site got 23 BILLION visits. That’s 729 people a second, or 64 million a day—nearly equal to the population of the United Kingdom. Enough porn was watched in 2016 on this one website that all the data would fill 194,000,000 USB sticks. Last year alone, 91,980,225,000 videos were watched on that site. That’s 12.5 videos for every person on the planet.
- According to research by security technology company Bitdefender, kids under the age of 10 now account for 22% of online porn consumption among the under 18 age.
- A recent study conducted by the NSPCC ChildLine found that a tenth of 12 to 13-year-olds fear they may have a compulsion to pornography. That’s right, a whole 10% of kids who just started 7th grade are saying they are already watching porn to the point where they are concerned and don’t feel like they can stop.  
**[www.fightthenewdrug.org/the-percentage-of-12-year-olds-who-admit-being-addicted-to-porn-will-shock-you/](http://www.fightthenewdrug.org/the-percentage-of-12-year-olds-who-admit-being-addicted-to-porn-will-shock-you/)**
- In the United States, 46 percent of all high school age students, and 62 percent of high school seniors, have had sexual intercourse; **[www.advocatesforyouth.org/publications/publications-a-z/413-adolescent-sexual-behavior-i-demographics](http://www.advocatesforyouth.org/publications/publications-a-z/413-adolescent-sexual-behavior-i-demographics)**
- Teens are spending more than one-third of their days using media such as online video or music — nearly nine hours on average, according to a new study from the family technology education non-profit group, Common Sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day. **[www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/?utm\\_term=.88fffd126054](http://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/?utm_term=.88fffd126054)**
- 75% of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking, or disordered eating.
- About 20% of teens will experience depression before they reach adulthood.

- 7 in 10 girls believe that they are not good enough or don't measure up in some way, including their looks, performance in school and relationships with friends and family members.  
**[www.dosomething.org/us/facts/11-facts-about-teens-and-self-esteem](http://www.dosomething.org/us/facts/11-facts-about-teens-and-self-esteem)**
- Self-harm among girls has risen 68% in the past three years  
**[www.thesun.co.uk/fabulous/4726293/with-record-levels-of-depression-anxiety-and-low-self-esteem-fabulous-investigates-why-our-teen-girls-are-in-such-a-crisis/](http://www.thesun.co.uk/fabulous/4726293/with-record-levels-of-depression-anxiety-and-low-self-esteem-fabulous-investigates-why-our-teen-girls-are-in-such-a-crisis/)**
- Teens who spend five or more hours per day on their devices are 71 percent more likely to have one risk factor for suicide. **[www.npr.org/2017/12/17/571443683/the-call-in-teens-and-depression](http://www.npr.org/2017/12/17/571443683/the-call-in-teens-and-depression)**
- 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.  
**[www.pewresearch.org/](http://www.pewresearch.org/)**
- 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.  
**[www.parent.co/](http://www.parent.co/)**

### **Parents, don't miss these helpful sites!**

Check out **[www.common sense media.org/](http://www.common sense media.org/)** for reviews of apps, movies, gaming sites, and more.

Go to **[www.coventanteyes.com](http://www.coventanteyes.com)** for free resources and info on protecting your family on the internet.

## Filtering & Monitoring

### Great sites with general technology safety:

- [www.theonlinemom.com](http://www.theonlinemom.com)
- [www.connectsafely.org](http://www.connectsafely.org)
- [www.momsecure.com](http://www.momsecure.com)

### 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.)
- <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.common sense media.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/>
- YouTube Parent Controls: <https://support.google.com/youtube/answer/174084?hl=en-GB>

**Parents, 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.**

## Dangerous App Trends

**Yik Yak:** The producers of this app call it "the anonymous social wall for anything and everything."

**Tinder:** dating tool or an anonymous hook-up

**Ask.fm:** linked to suicides.

**Kik Messenger:** Reviews in the App Store reveal that many use Kik to meet strangers for sexting and cyberbullying

**Snapchat:** Snapchat pics don't completely disappear, and users can take a screenshot before vanishing.

**Vine:** kids can find nudity, sex, drug use, offensive language, hardcore sexuality, and more

**Whisper:** This 17+ app's motto is: "Share Secrets, Express Yourself, Meet New People."

**Tumblr:** easily access pornographic, violent, and inappropriate content.

**Instagram:** connecting with people they don't know well or at all.

**Jailbreak Programs and Icon-Hiding Apps:** 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

**Chatroulette:** Log into the site and people are randomly connected with another person logged into the site.

**Poof:** by Cydia. With one touch, Poof makes apps disappear before parents' prying eyes.

**After School App:** The entire app revolves around anonymous and private message boards for any given school.

**Minecraft:** Minecraft has a sex mod (also called "sexcraft") that can be accessed in the game app.

**BeeTalk:** that kids use to get around a parent who checks their text messages.

**Spotafriend:** Basically like Tinder for teens.

**Flinch:** screenshots of your child's face and a live video link to your child's location.

### Text Slang

|         |                                 |
|---------|---------------------------------|
| ASL(RP) | Age Sex Location (Race/Picture) |
| BF/GF   | Boyfriend/Girlfriend            |
| BRB     | Be Right Back                   |
| CD9     | Code 9 – means parents are here |
| GNOC    | Get naked on cam (webcam)       |
| GTG     | Got to go                       |
| IDK     | I don't know                    |
| MIRL    | 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...              |
| GNNR | 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?          |

### #Hashtags

|   |
|---|
| #deb, "depression"  |
| #sue, "suicide"   |
| #ana, "anorexic"  |
| #mia, "bulimia"   |
| #ednos, "eating disorder not otherwise specified"   |
| #thinsp, "thinspo" or "thinspiration"   |
| #borderline, "borderline personality disorder"  |
| #svv, "selbstverletzendes verhalten" or self-harming behavior   |
| #secretsociety123, community of people who engage in NSSH, or non-suicidal self harm  |
| #420, "weed" or "pot," can also be represented by the maple leaf emoji, any leaf, tree, or pineapple emoji 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.

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