

Protecting Your Family Online

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Introduction

I. The Statistics: Big Picture¹

- 9 in 10 boys and 6 in 10 girls are exposed to pornography before the age of 18[1]
- Of the youth that have seen pornography online, 94% had seen it by age 14 [2]
- 40% of teens have created a sexual image or video of themselves, and a quarter have sent this to someone else [3]
- 53% of boys and 39% of girls who have seen porn believe it's a realistic depiction of sex [2]
- 44% of boys and 29% of girls who have seen online pornography say it's given them ideas about the types of sex they want to try out [2]
- Of minors who have seen online pornography, about 60% saw it for the first time at home [2]
- 39% of boys and 23% of girls have seen sexual bondage online [1]

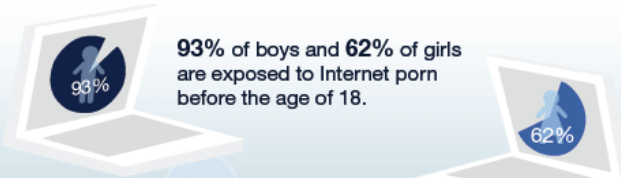
Sources:

1. *The Nature and Dynamics of Internet Pornography Exposure for Youth* ([access here](#))
2. *NSPCC and Middlesex University London Report* ([access here](#))
3. *Under Pressure ChildLine Review* ([access here](#))

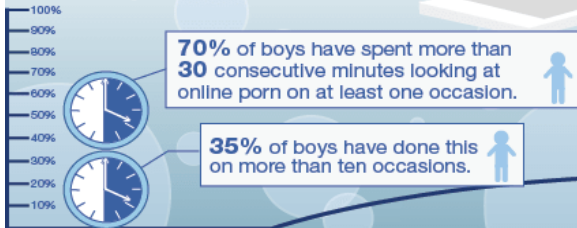
II. The Stories: Small Picture

¹ From <http://over18doc.com/about/>

TEENS AND PORN: 10 STATS YOU NEED TO KNOW

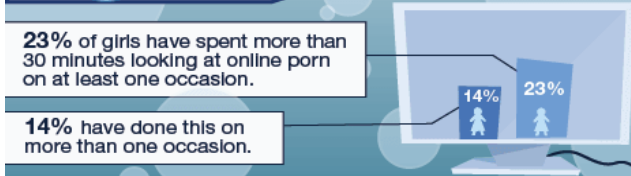


93% of boys and 62% of girls are exposed to Internet porn before the age of 18.



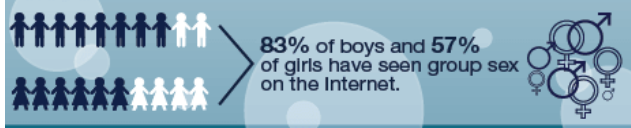
70% of boys have spent more than 30 consecutive minutes looking at online porn on at least one occasion.

35% of boys have done this on more than ten occasions.

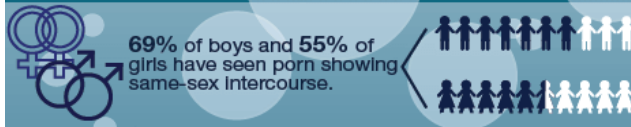


23% of girls have spent more than 30 minutes looking at online porn on at least one occasion.

14% have done this on more than one occasion.



83% of boys and 57% of girls have seen group sex on the Internet.



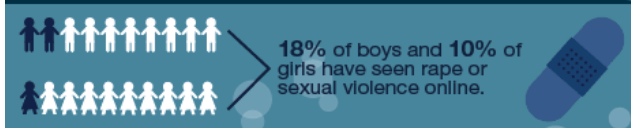
69% of boys and 55% of girls have seen porn showing same-sex intercourse.



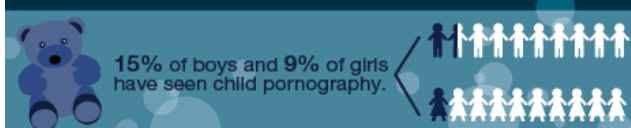
39% of boys and 23% of girls have seen online sex acts involving bondage.



32% of boys and 18% of girls have viewed bestiality on the Internet.



18% of boys and 10% of girls have seen rape or sexual violence online.



15% of boys and 9% of girls have seen child pornography.

Only 3% of boys and 17% of girls have never seen Internet pornography.

* Source: "The Nature and Dynamics of Internet Pornography Exposure for Youth," by Chiara Sabina, Janis Wolak, and David Finkelhor (from CyberPsychology & Behavior, 2008)
www.CovenantEyes.com

III. The Solutions: Protecting Your Family and Home – Tips and Suggestions²

1. **Promote** Open Communication and Safe Conversation

2. **Prioritize** Real and Embodied Activities and Relationships over Digital Ones

“The best and richest experiences of learning, it turns out, are embodied ones” (Andy Crouch, 124)

3. **Practice** Technology-Free Sabbaths and Fasts

Each Day . . .

-follow the 9 to 9 or “no screens before double digits” rule

Each Week . . .

Each Year . . .

4. **Publicize** All Online Accounts, Passwords, and Device Usage Within the Family

5. **Plan** Your Use of Spaces and Use Technology in a Purposeful Way

6. **Protect** All Digital and Media Devices (see following page for recommendations)

7. **Prepare** and **Post** Your Agreed Upon Family Rules (incorporating the above)

-see sample at the end of packet

² Although these suggestions and their wording are original to us, they are highly influenced by Andy Crouch’s “Ten Tech-Wise Commitments” for families (see book in resources on next page)

Resources

Protective Software

First, we strongly recommend reading the following articles for software reviews:

1. "The Best Parental Control Software of 2017" (PC Mag):
<http://www.pcmag.com/article2/0,2817,2346997,00.asp>
2. "The Best Internet Filter Software of 2017" (TopTen Reviews):
<http://www.toptenreviews.com/software/security/best-internet-filter-software/>

Here are the programs we recommend:

1. Qustodio (demonstration on screen)
2. Net Nanny
3. Norton Family
4. Kaspersky Safe Kids
5. Kids WiFi

Be aware of these apps that bypass software or are dangerous for other reasons. Ask questions about your kids apps.

Note: In some programs the free versions are adequate, some you'll need to pay for. Often you might need a combination of filtering software depending on the level of addiction.



Additional Reading & Resources

1. Andy Crouch. *The Tech-Wise Family: Everyday Steps for Putting Technology in its Proper Place*. Grand Rapids: Baker Books: 2017. **Strongly Recommended Book!**
2. "Wired Kids, Negligent Parents?" 5 different articles/perspectives (good variety):
<http://roomfordebate.blogs.nytimes.com/2010/01/28/wired-kids-negligent-parents/>
3. "The Nature and Dynamics of Internet Pornography Exposure for Youth." Some in-depth statistics from an academic study: <http://www.unh.edu/ccrc/pdf/CV169.pdf>
4. Free E-books: See <http://www.covenanteyes.com/e-books/> for dozens of free downloads including "When Your Child is Looking at Porn: A Step-by-Step Guide for Christian Parents" & "Protecting Your Family Online: A How-to Guide for Parents"
5. More Articles: <http://www.focusonthefamily.ca/parenting/online-safety>
6. Documentary and list of resources: <http://over18doc.com/>
7. "Experiment that convinced me online porn is the most pernicious threat facing children today: By ex-lads' mag editor Martin Daubney," Daily Mail UK ([google search for it](#))
8. Help and Counselling for Sexual Brokenness: <http://www.journeycanada.org/>

We will send you these handouts with links as PDFs (please only share with permission).
Please feel free to talk to us and use us as a resource. We're here to help!