

RAISING TECH Safe Kids



Help! Technology is Invading My Home

**THE THIEF COMES TO STEAL,
KILL AND DESTROY**

Jesus

ASSUMPTIONS

On The Grid



Not in a bubble





HOW CONNECTED ARE YOUR KIDS?

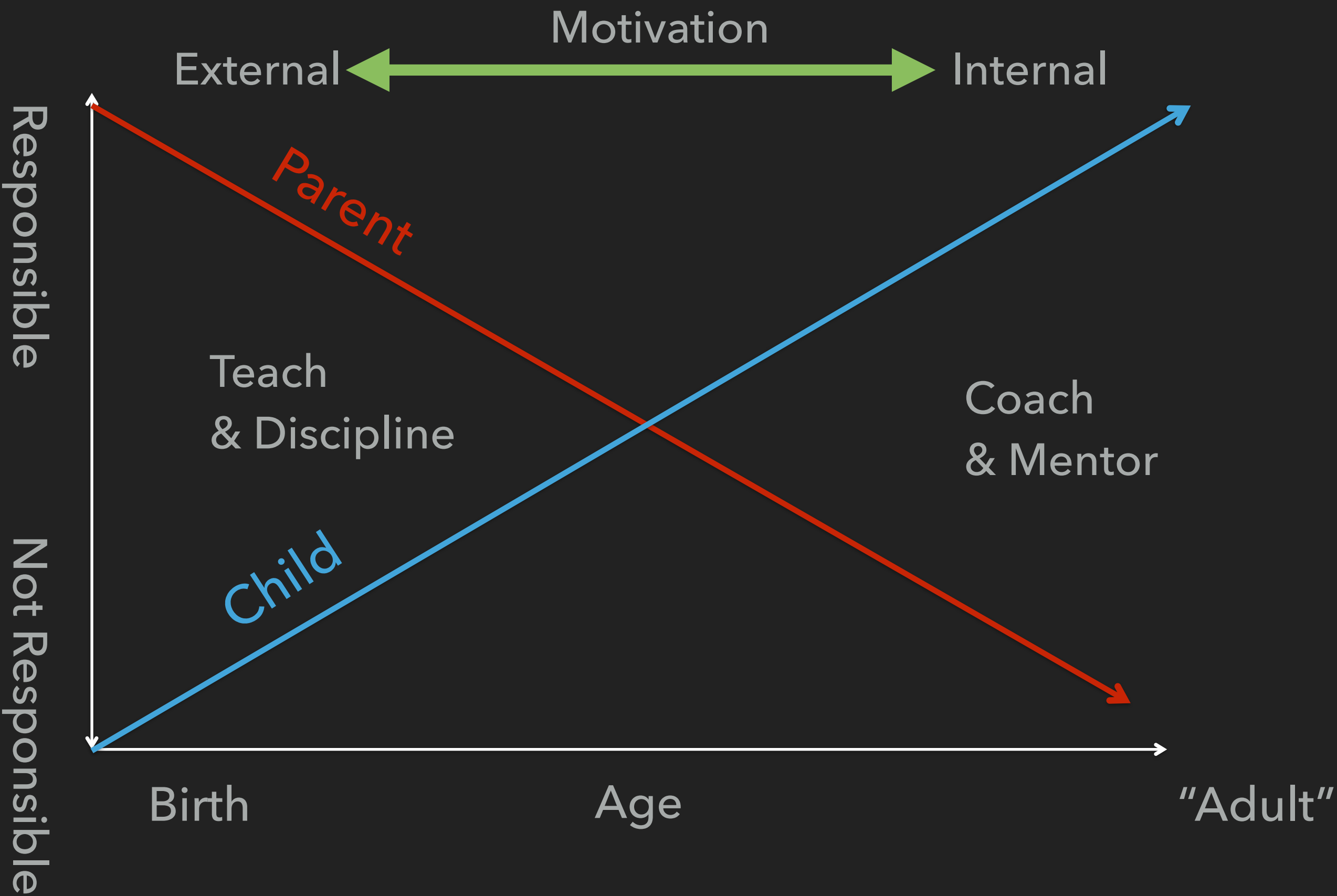
British:

7.4 Internet Devices per home

United State:

5.7 (93% Internet saturation)

LAUNCH PROCESS



FAILED LAUNCH



Parenting

Best for Kids

BARGAIN
PRICED

Biography

WHAT TO EXPECT BEFORE YOU'RE EXPECTING

The Complete Preconception Plan

A step-by-step guide to making a baby, including preparing your lifestyle, boosting your fertility, adjusting your health, strategies for baby safety, and more.

Practical advice, tips, and strategies:

- Choosing the right safe, healthy baby
- Healthy lifestyle choices
- Healthy eating
- Healthy exercise
- Healthy sleep
- Healthy sex life

By Heidi Murkoff

and Sharon Mazel

The #1 Bestselling Pregnancy Book
17th Edition

WHAT TO EXPECT WHEN YOU'RE EXPECTING

COMPLETELY NEW & REVISED

The pregnancy guide that reassures, answers the questions of mothers and fathers-to-be, from the planning stage through postpartum. Featuring a week-by-week look at the growth of your baby and complete chapters on pregnancy lifestyle, prenatal care, carrying twins—and more.

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WHAT TO EXPECT EATING WELL WHEN YOU'RE EXPECTING

The Complete Pregnancy Eating Plan

Eating for two isn't just a saying—it's a reality. Everything you need to know to eat well, stay healthy, and make sure your baby is healthy too.

Includes:

- Baby's weekly weight gain
- Baby's weekly height gain
- Baby's weekly head circumference
- Baby's weekly chest circumference
- Baby's weekly arm circumference
- Baby's weekly leg circumference
- Baby's weekly foot length
- Baby's weekly hand length
- Baby's weekly finger length
- Baby's weekly thumb length
- Baby's weekly middle finger length
- Baby's weekly ring finger length
- Baby's weekly pinky finger length
- Baby's weekly ear length
- Baby's weekly nose length
- Baby's weekly mouth length
- Baby's weekly chin length
- Baby's weekly neck length
- Baby's weekly shoulder length
- Baby's weekly hip length
- Baby's weekly knee length
- Baby's weekly ankle length
- Baby's weekly foot length
- Baby's weekly hand length
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By Heidi Murkoff

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What to Expect

WHAT TO EXPECT THE FIRST YEAR

2nd Edition

The new baby bible for all new parents, month-by-month guide that explains everything you need to know about that first year, from birth to 12 months. Includes all the essential information you need to know about your baby's development, health, and behavior.

Includes:

- Choosing the right safe, healthy baby
- Healthy lifestyle choices
- Healthy eating
- Healthy exercise
- Healthy sleep
- Healthy sex life

By Heidi Murkoff

and Sharon Mazel

WHAT TO EXPECT THE SECOND YEAR

FROM 2 TO 24 MONTHS

The new baby bible for all new parents, month-by-month guide that explains everything you need to know about that first year, from birth to 12 months. Includes all the essential information you need to know about your baby's development, health, and behavior.

Includes:

- Choosing the right safe, healthy baby
- Healthy lifestyle choices
- Healthy eating
- Healthy exercise
- Healthy sleep
- Healthy sex life

By Heidi Murkoff

and Sharon Mazel

WHAT TO EXPECT PREGNANCY JOURNAL & ORGANIZER

The All-in-One Pregnancy Diary

Keep track of it all: memories and milestones, appointments and tests, results, thoughts and feelings, planning and shopping, and more. Plus, prep for the big day and beyond.

By Heidi Murkoff

and Sharon Mazel

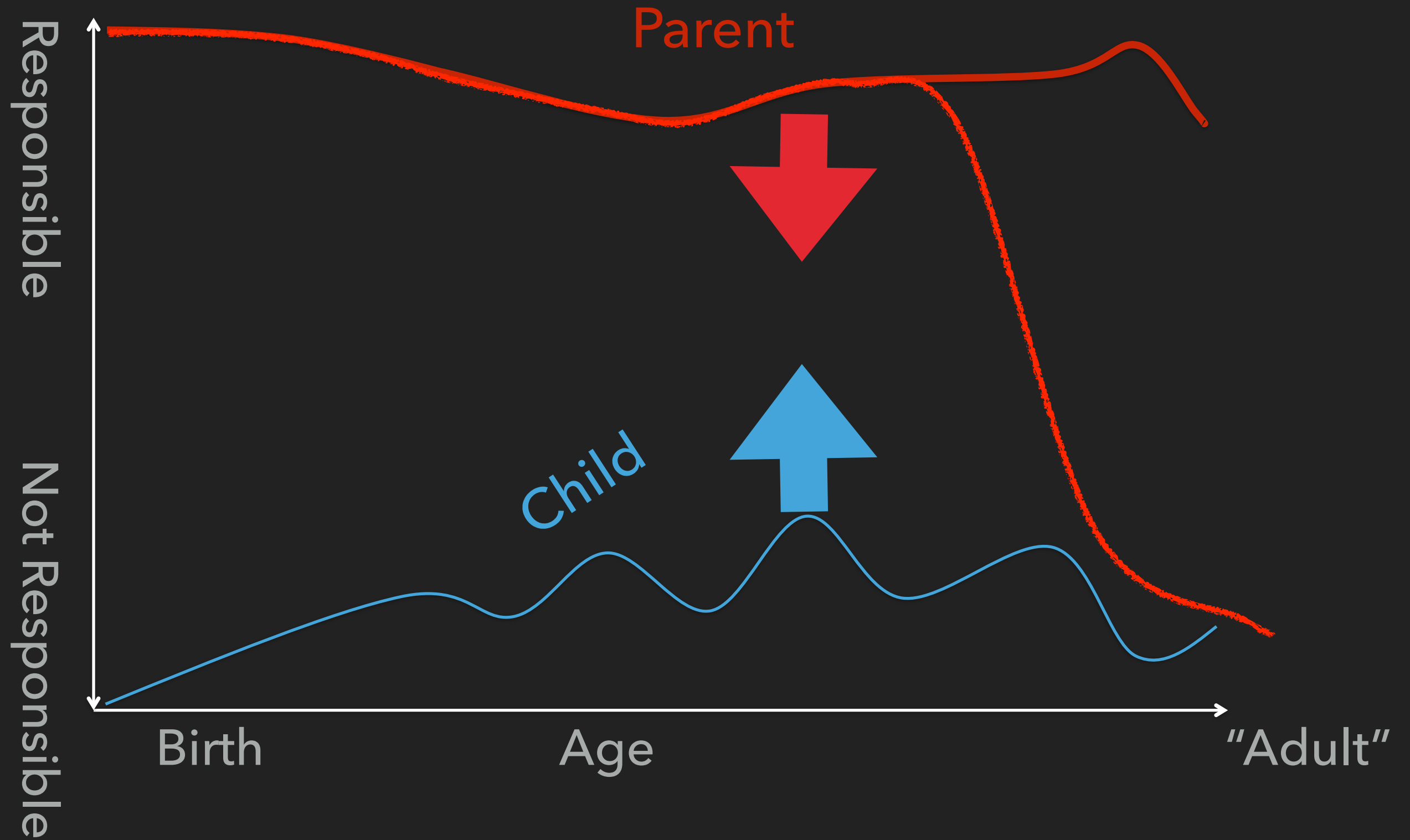
WHAT TO EXPECT WHEN YOU'RE EXPECTING & WHAT TO EXPECT THE FIRST YEAR

Authoritative, bestselling pregnancy and parenting advice

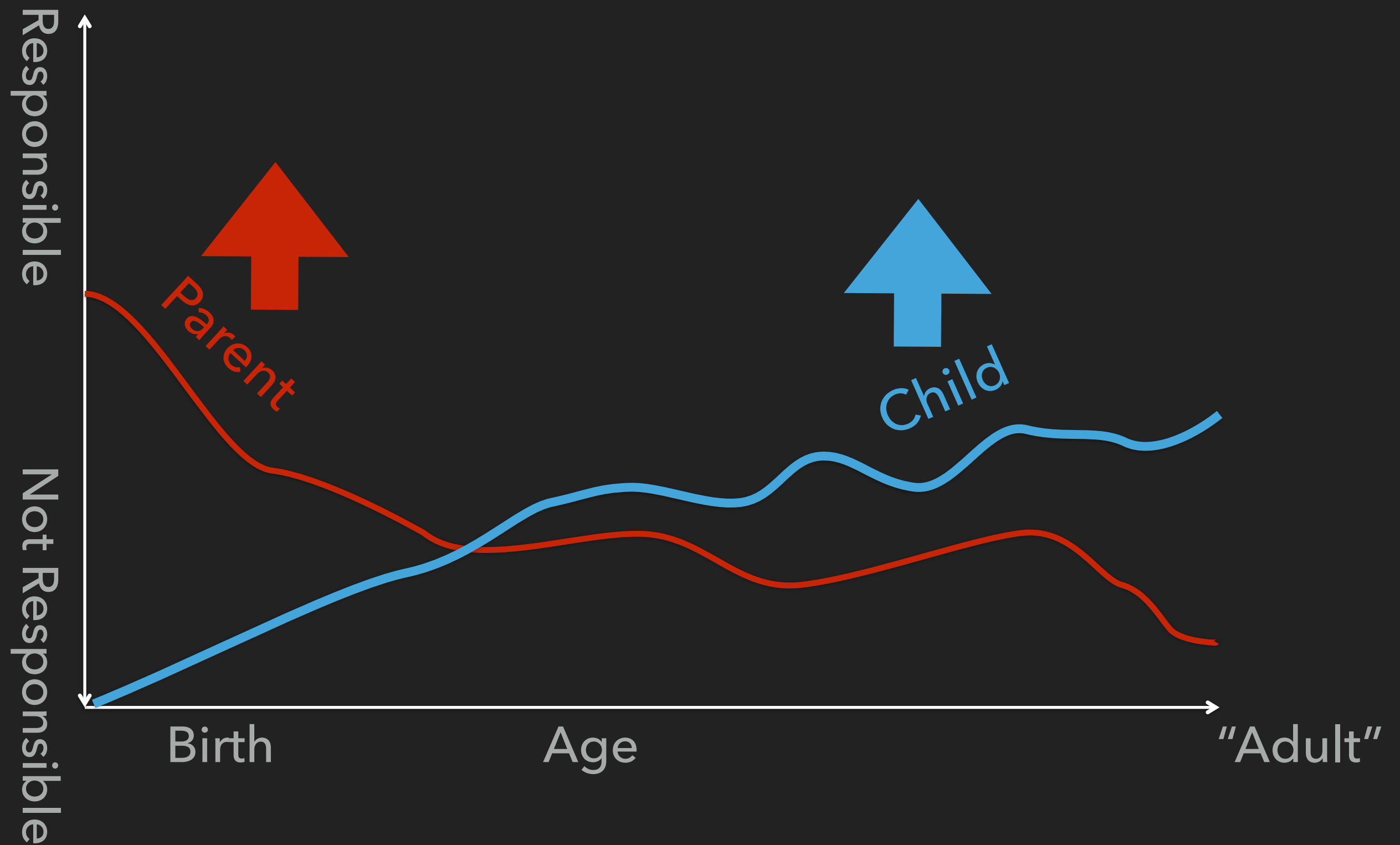
WHAT TO EXPECT THE FIRST YEAR & WHAT TO EXPECT THE SECOND YEAR

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FAILED LAUNCH



FAILED LAUNCH





Challenge 1

Pornography



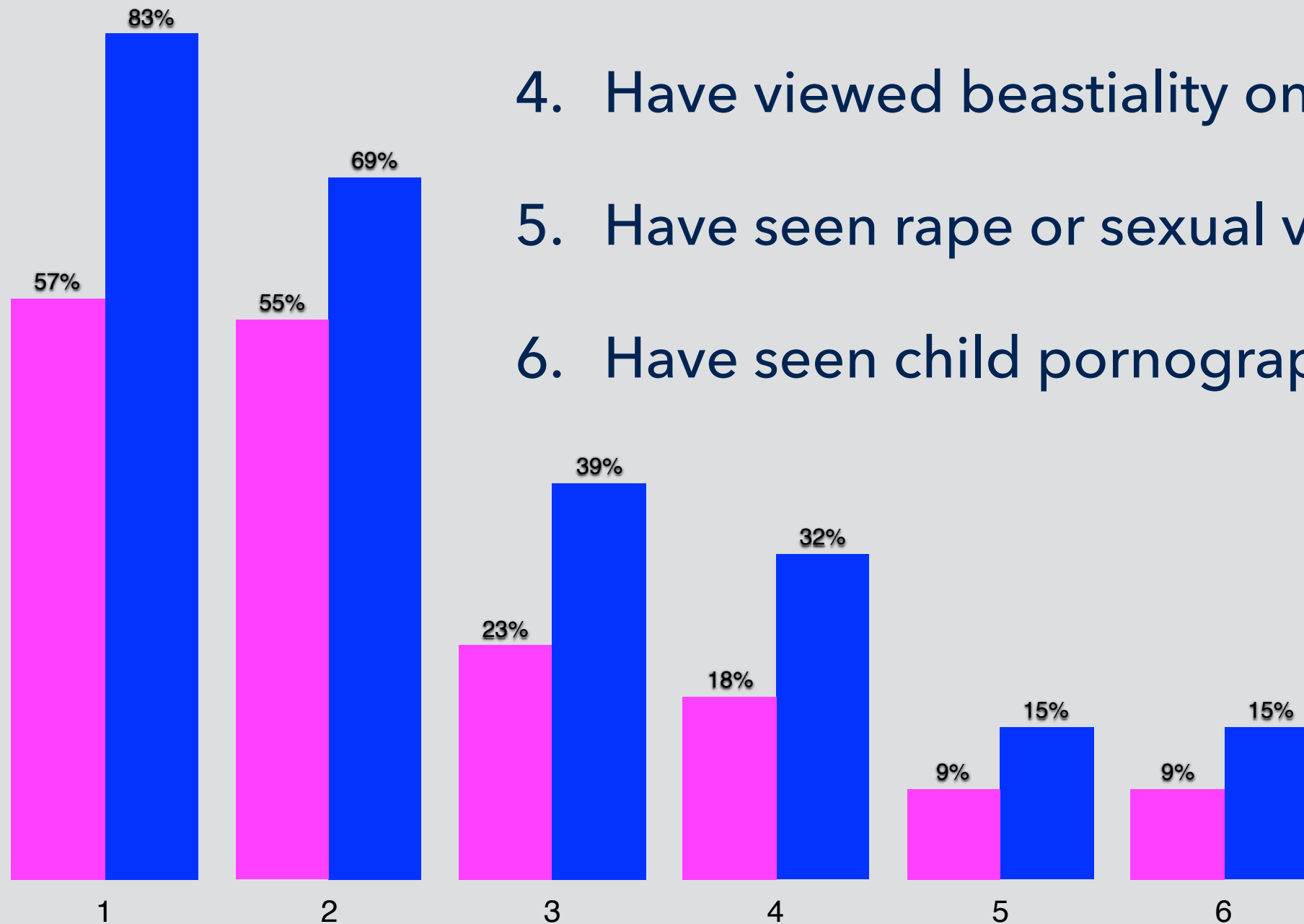
DEFINING PORNOGRAPHY

FORM AND FUNCTION

INTERNET RISKS

- ▶ 90% of 8-16 have viewed pornography
- ▶ 20-30% of adult industry traffic is children
- ▶ 80% of Children using e-mail receive inappropriate messages
- ▶ 70% of teens online have accidentally come across pornography on web

1. Have seen group sex on the Internet
2. Have seen porn showing same-sex intercourse
3. Have seen online sex acts involving bondage
4. Have viewed bestiality on the Internet
5. Have seen rape or sexual violence online
6. Have seen child pornography



Source: "The Nature and Dynamics of Internet Pornography Exposure for Youth" by Chiara Sabina, Janis Wolak, and David Finkelhor

FREQUENCY OF CONTACT WITH PORN

HOW FREQUENTLY PEOPLE COME ACROSS VS. SEEK OUT PORN, BY AGE

% among U.S. teens, young adults and adults 25+

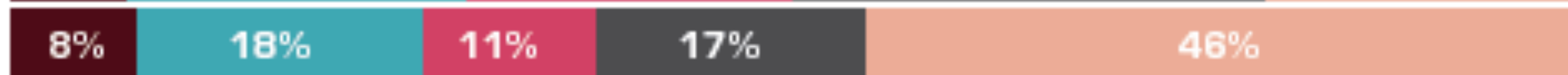
● daily ● weekly ● once or twice a month ● less often ● never

teens 13–17

come across



seek out



young adults 18–24

come across



seek out



ACTIONS THAT ARE WRONG: TEENS & YOUNG ADULTS 13 TO 24

% usually
+ always
wrong

base: teens and young adults 13-24

1. taking something that belongs to someone else	88
2. having a romantic relationship with someone other than a spouse	75
3. saying something that isn't true	71
4. not recycling	56
5. thinking negatively about someone with a different point of view	55
6. overeating	48
7. significant consumption of electricity or water	38
8. wanting something that belongs to someone else	32
9. viewing pornographic images	32
10. reading erotic or pornographic content (no pictures)	27
11. watching sexually explicit scenes on TV or in a movie	24

Google is now teaching many of our kids about sex... you can ask the privacy of your browser.

David Kinnaman



5 WAYS IMPURITY HURTS US

#1 – WE LOSE FOCUS



5 WAYS IMPURITY HURTS US

#2 – INCREASES OUR APPETITE AND DECREASES OUR SEXUAL SATISFACTION



- Coolidge Effect (Novelty Seeking)
- Tastes become increasingly extreme or deviant
- 19% premature ejaculation
- 25% disinterested in sex with partner
- 31% have difficulty reaching orgasm
- 34% experience erectile dysfunction



5 WAYS IMPURITY HURTS US

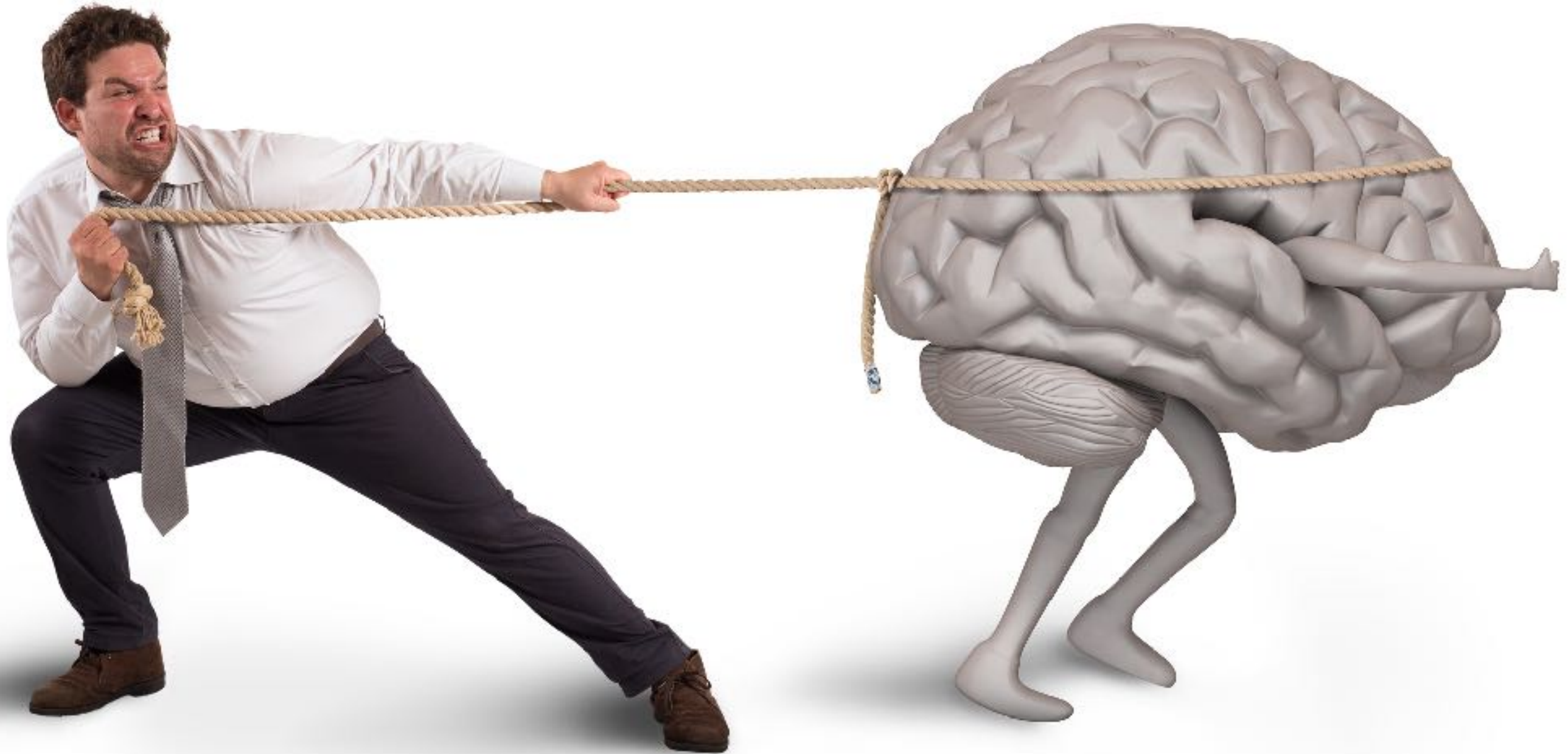
#3 – SEPARATES US FROM PEOPLE – MAKES US CONSUMERS OF PEOPLE

PLEASURE FROM ABUSING WOMEN

- ▶ Frequent drug use to dull physical and emotional pain
- ▶ High probability of having sexual abuse as children
- ▶ Abusive or distant father
- ▶ Coercion - show up to something different than they agreed to
- ▶ Human sex-trafficking - 1/2 of prostitutes create pornography



5 WAYS IMPURITY HURTS US



#4 – INCREASES OUR SENSE OF POWERLESSNESS AND VICTIM THINKING

5 WAYS IMPURITY HURTS US



**#5 – REDUCES WAYS FOR GOD TO WORK IN OUR LIVES
AND FOR US TO EXPERIENCE HIM**

THE BRAIN ON PORN



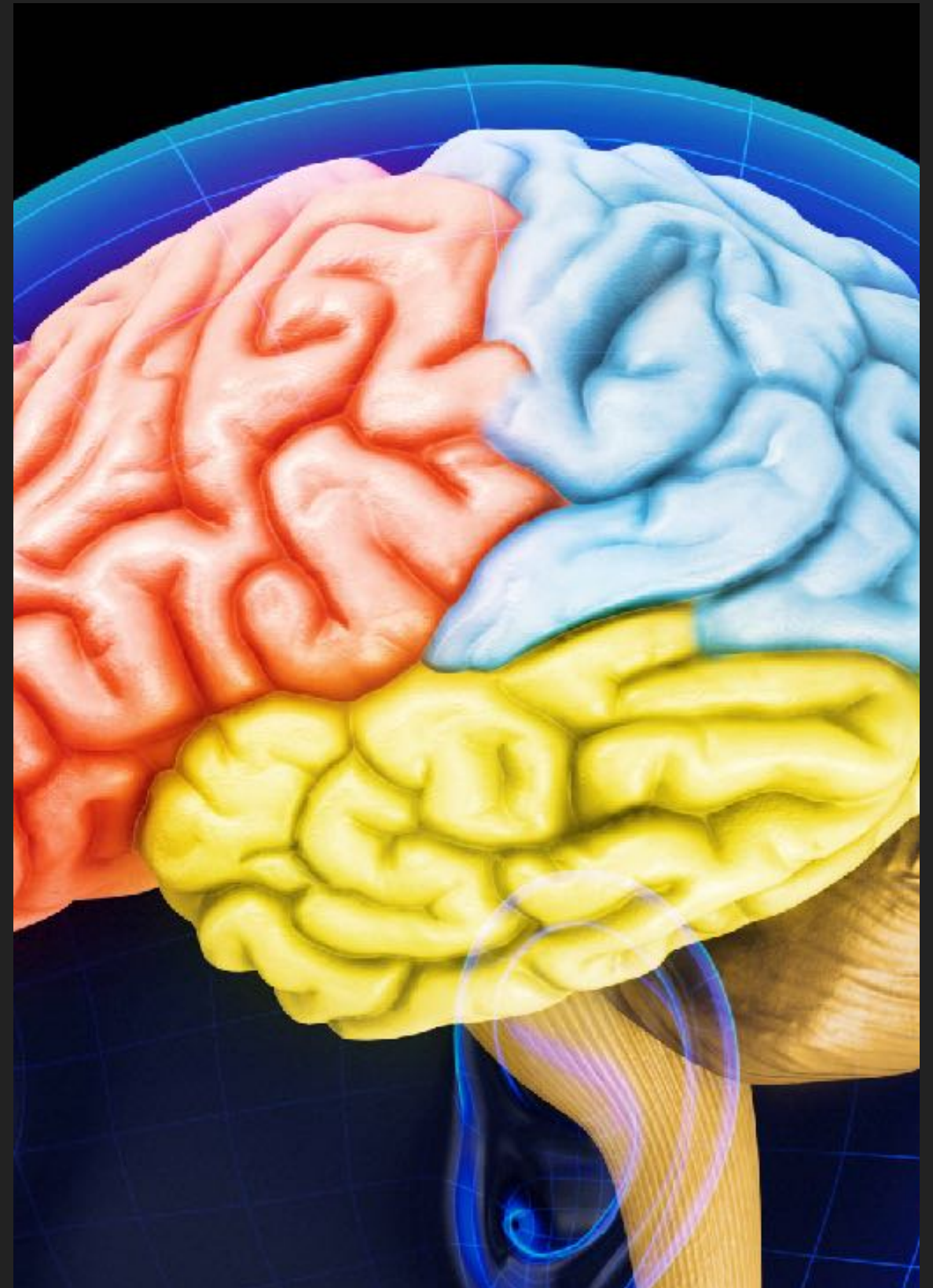
BACK BRAIN – BRAIN STEM

- ▶ Ties to all senses except smell
- ▶ Motion
- ▶ Focused attention
- ▶ Adrenaline



MID-BRAIN – LIMBIC SYSTEM

- ▶ Emotions
- ▶ Memory
- ▶ Smell
- ▶ Is this good or bad
- ▶ Fight, flight, freeze



FRONTAL LOBE

- ▶ Thinking
- ▶ Cause and Effect
- ▶ Respond rather than react



BRAIN HELPER

- ▶ Sleep
- ▶ Exercise
- ▶ Diet/Hydration
- ▶ Household Responsibility
- ▶ Acts of service
- ▶ Active Positive Relationships



Neurons that fire together wire together

Donald Hebb – Neuropsychologist in 1949

CAUGHT BUT NOT HOOKED



VS.



WHERE IS THE CATCH

- ▶ Secrecy
- ▶ Shame
- ▶ Ignorance about body
- ▶ Ignorance about pleasure
- ▶ Fear of overreaction
- ▶ People pleasing, fear of disappointing
- ▶ Perfectionism
- ▶ Hopelessness
- ▶ Entitlement





KEY POINT

**YOU NEED TO BE ABLE TO TALK
ABOUT DIFFICULT THINGS.**

LEVELS OF COMMUNICATION



Buffer Rules

Rules

Values



Teach in the context of relationships.





Carob Vs. Chocolate



**“50% OF TEENS WOULD ACTUALLY
CHANGE THEIR ONLINE BEHAVIOR IF
THEY KNEW THEIR PARENTS WERE
WATCHING”**

No Question is Off
Base.



BASIC FOUNDATION

- ▶ Internet in common areas
- ▶ **Accountability**/Filters
 - ▶ www.covenanteyes.com
 - ▶ www.xxxchurch.com
 - ▶ www.internetsafety.com
- ▶ Require passwords
- ▶ Monitor Activity
- ▶ Phones don't go everywhere
- ▶ "Ownership" rights





SESSION 1

QUESTIONS?



Challenge 2

Video Games

GAME RISKS

- 9% pathologically or clinically addicted
- 23% of youth say they are addicted
- 44% say their friends are addicted
- www.pluggedin.com



DIYfather.com, Webmd.com

WHAT MAKES GAMES ADDICTIVE?

- The High Score
- Beating the Game
- Role-playing
- Discovery
- Relationships
- No "End"
- Physiological - Dopamine



www.video-game-addiction.org

LOSS OF TIME

LOSS #1

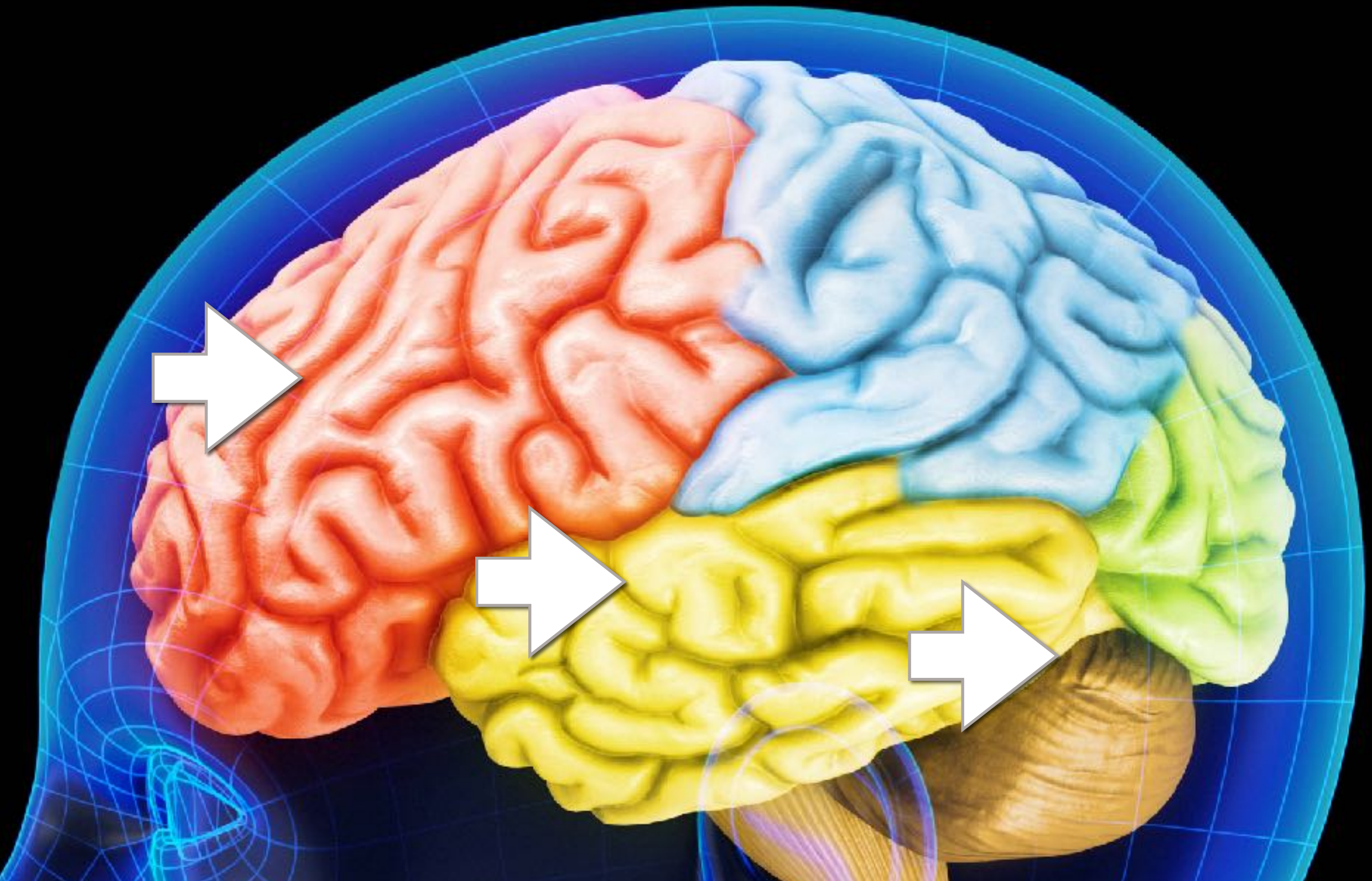




LOSS #2

LOSS OF IMPACT

VIDEO GAMES



Conforming to pattern of game's creator

A person with long brown hair is lying down on a wooden surface, wearing a white shirt. Their hands are resting on a silver and black game controller. The background is blurred, showing a dark wooden floor.

LOSS #3

LOSS OF CONNECTION

SIGNS OF ADDICTION

- Not # Hours
- Lie about how much or long
- Try to stop and can't
- Feed into other behavioral issues
- Disrupted life pattern
- Can they get up and go do something else fun?



WHO ARE YOU DEALING WITH?



Wise



Foolish

TEACHABLE MOMENTS



Affirmation



Consequences

AFFIRMATIONS

- Goal: Encourage **repeating** behavior
- Don't use "**empty**" phrases like good job
- **Process** versus the end product
- Say what you **saw**
- Talk less, ask **questions** more
- **External** to internal
- Avoid **labels**





NATURAL CONSEQUENCES

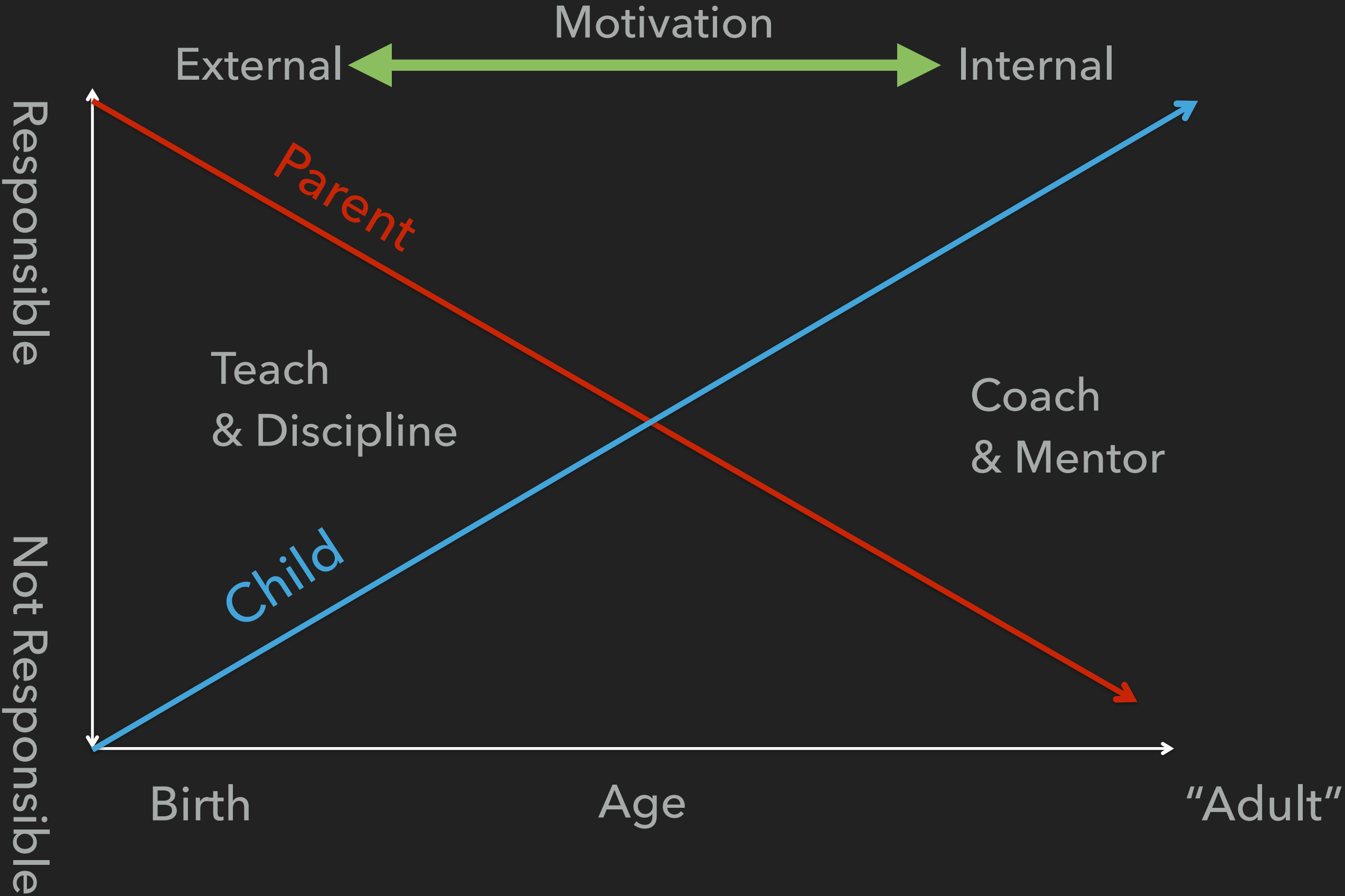
- Harsh
- Time working against you

LOGICAL CONSEQUENCES

- Pain, you need to think
- Easily become punishment



LAUNCH PROCESS





SESSION 2

QUESTIONS?

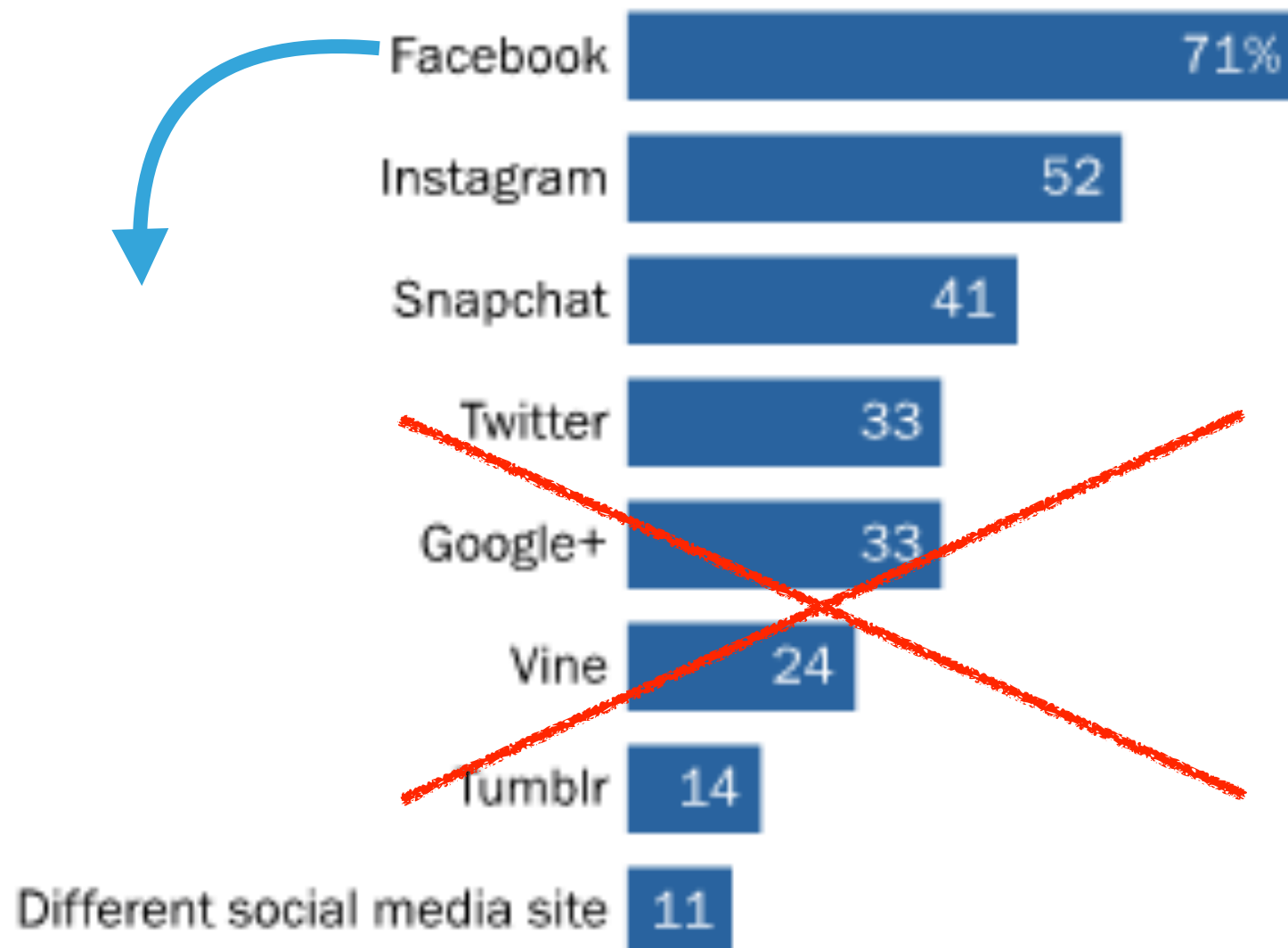


Challenge 3

Social Media

Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

% of all teens 13 to 17 who use ...

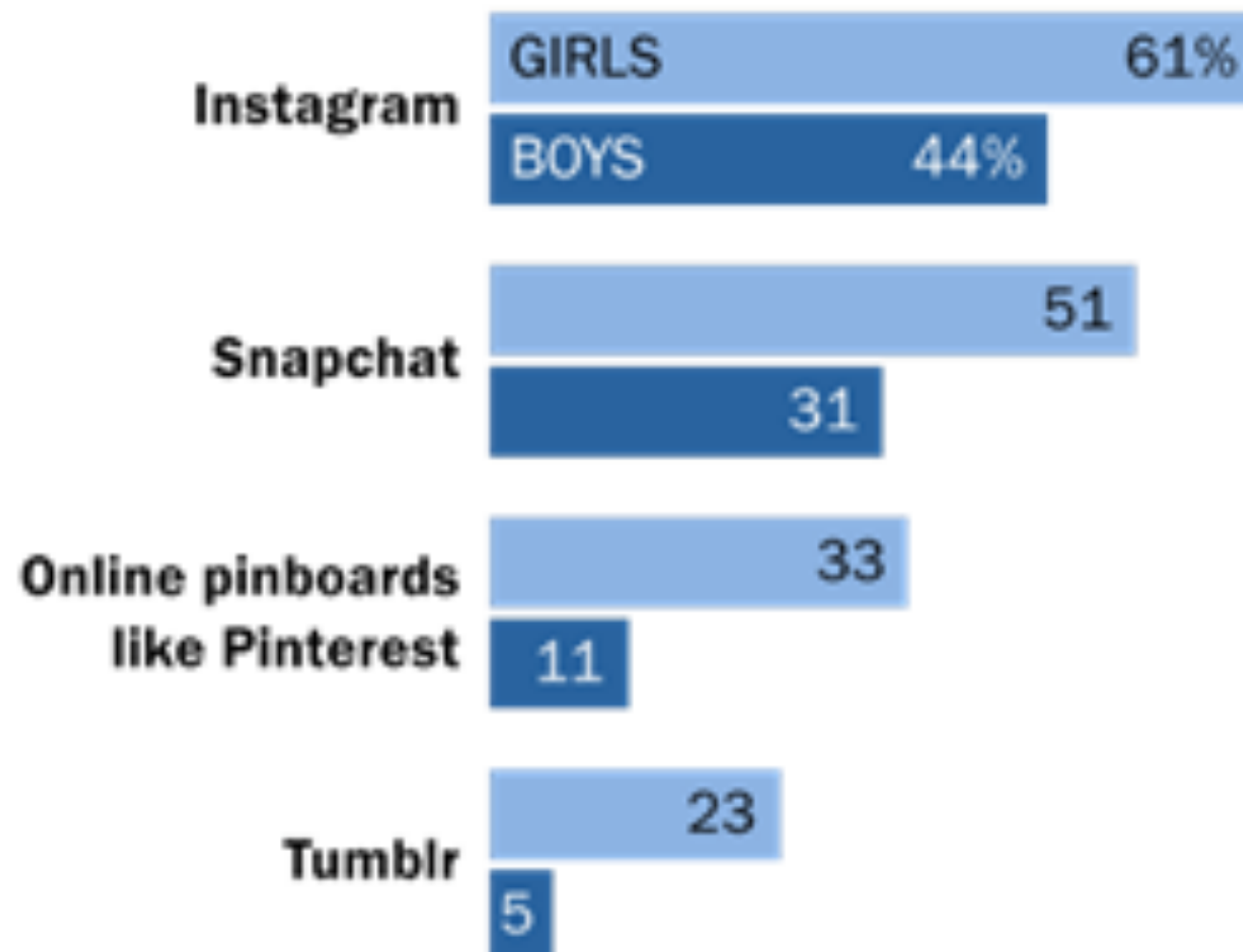


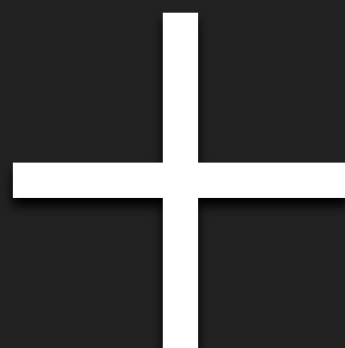
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,060 teens ages 13 to 17).

PEW RESEARCH CENTER

Girls Dominate Visually-Oriented Social Media Platforms

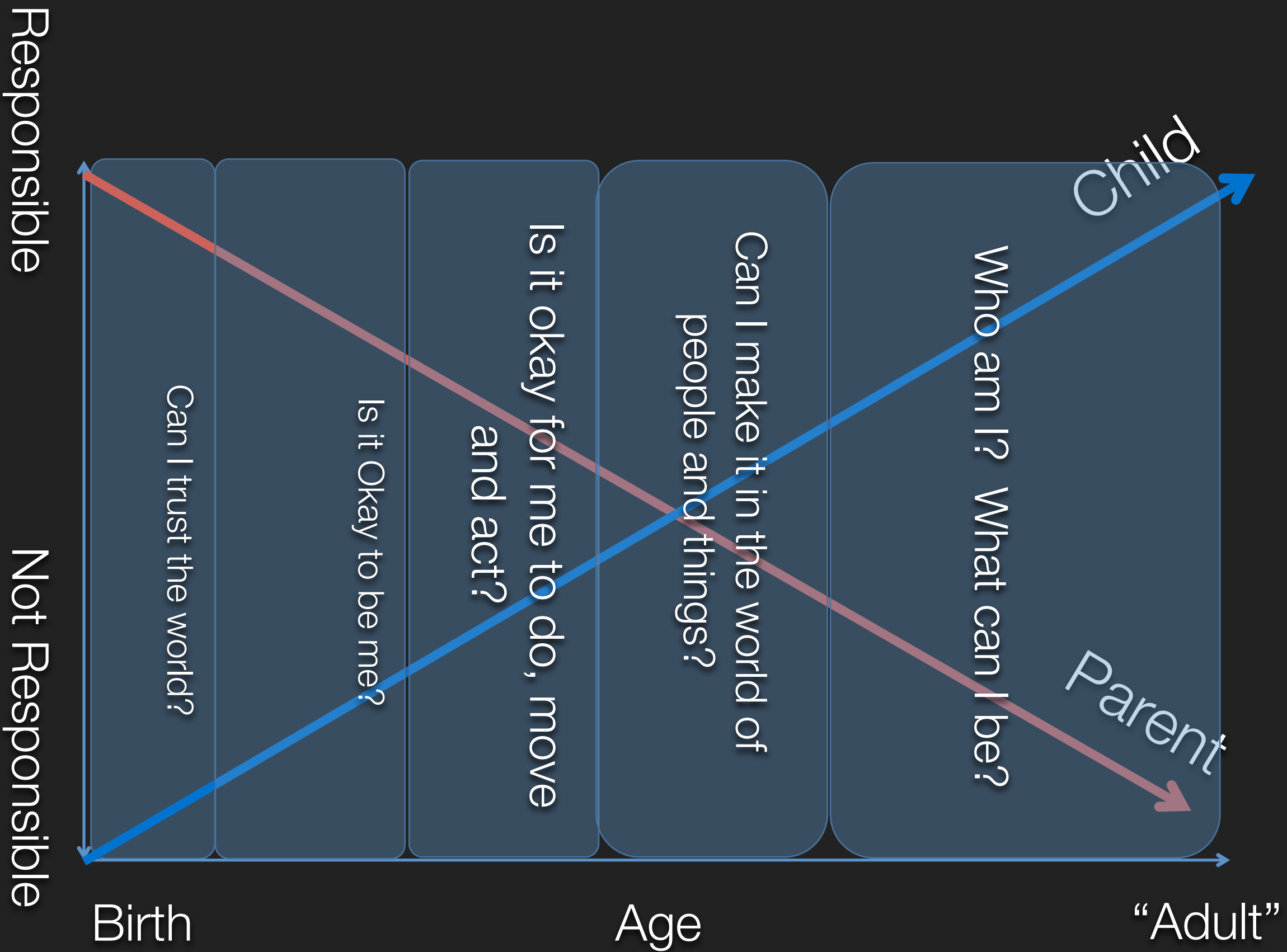
Percent of girls and boys who use ...







IDENTITY FORMATION





DISSATISFACTION



BACKSTAGE LIFE



PEOPLE PLEASING



“I’M BETTER THAN YOU”

PRIDEFUL

A woman with long, wavy brown hair is holding a selfie stick with a smartphone attached. She is looking up at the phone and making a pouting face. She is wearing a black top and a silver, sparkly choker necklace. The background is plain white.

NARCISSISM



CYBER BULLYING

WHAT ARE THEY LEARNING



RECOVERY



6 Steps Toward Freedom

Helping Kids Recover

6 STEPS TO DISCOVERING FREEDOM

#1 – FOCUS ON POSITIVE – WHAT DRIVES YOU TO SAFETY?



6 STEPS TO DISCOVERING FREEDOM

**#2 – FOCUS ON RECOVERY OVER
ABSTINENCE**

ABSTINENCE
VS.
RECOVERY

6 STEPS TO DISCOVERING FREEDOM



#3 – INCREASE RESISTANCE



Low Resistance to Impulsivity



TOOL

FRICTION



FIGHT EDGING

EXPANDING YOUR LIFE

BOUNDARIES





#4 – PURSUE YOUR WORST FEARS

6 STEPS TO DISCOVERING FREEDOM

BEST ACCOUNTABILITY PARTNERS

- ▶ Shared goals
- ▶ Personally Committed
- ▶ Clear - honest
- ▶ Confidential
- ▶ Follow-up outside group
- ▶ Bold - Challenging but not condemning





6 STEPS TO DISCOVERING FREEDOM

#5 - DEVELOP AND WORK A PLAN



MONTHLY PLAN

EVERY MONTH, FOR EACH MONTH



MONTHLY PLAN

NEED A PERSONAL REASON



MONTHLY PLAN

ROADBLOCKS



MONTHLY PLAN

CONSEQUENCES AND REWARDS

A close-up photograph of a piece of white graph paper with a blue grid. The words "No Do" are handwritten in blue ink, with a horizontal line drawn through the middle of the text. A blue ballpoint pen lies on the right side of the paper, its tip pointing towards the text. A small blue ink dot is visible below the line.

No Do

MONTHLY PLAN

ACTIVE COMMITMENTS



**SHARE PLAN WITH ACCOUNTABILITY
PARTNERS**



MONTHLY PLAN

TRACK IT



6 STEPS TO DISCOVERING FREEDOM

#6 – RENEW YOUR MINDS

WHAT DO YOU WANT TO THINK ABOUT



PHILIPPIANS 4:8

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

Compelling

Authentic

Reputable

Noble

True

My Definition:

Movies/Books/TV:

Examples I've personally had:

Nature/Activity:

Other:



SESSION 3

QUESTIONS?

CONNECT



www.projectpatch.org



Facebook.com/projectpatch



@projectpatch & @chuckhagele



360-690-8495



TodaysFamilyExperience.com