

# 7 Strategies to Safeguard Yourself and your Family

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## Media and the Addicted Generation

### Strategy #1: Pray Specifically

Insert your child's name in this Psalm, and pray it specifically for them:

*Psalm 101:3*

*"May **Zach** refuse to look at anything vile and vulgar. May **Zach** hate all crooked dealings; may **Zach** have nothing to do with them."*

### Strategy #2: Know your Kids

- **Friend history** – consistent friend-related drama might = increased risk for inappropriate internet usage.
- **Obedience history** – a child who constantly challenges parental authority = increased risk of inappropriate internet usage .
- **Wandering history** – sometimes a kid just always ends up in the wrong place, even if by "accident" – if this is your kid, then beware of too much internet freedom, because wrong turns are everywhere.
- **"Heart" condition** – a child with low self-image or confidence = increased risk for inappropriate internet usage.
- **Age** – younger children = a greater emphasis on filtering/prevention because you can't "unsee" some images.

### Strategy #3: Stay Informed

Here are some very helpful links that you might find helpful:

- [www.homeword.com](http://www.homeword.com)
- [www.cpyu.org](http://www.cpyu.org)
- [www.commonsemmedia.com](http://www.commonsemmedia.com)

#### MEDIA AND THE ADDICTED GENERATION

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### ***Strategy #4: Say certain things***

- What should I do when I see pornography? We are not advocating or affiliated with the LDS church, but here is an excellent resource:
  - <https://www.youtube.com/watch?v=UNeYQA3ZeX8>
- Dos & Don't
- Go over the family digital code of conduct and sign it as a family  
[http://www.digitalkidsinitiative.com/files/2012/01/family\\_covenant.pdf](http://www.digitalkidsinitiative.com/files/2012/01/family_covenant.pdf)
- Creating an acceptable smartphone contract <https://www.teensafe.com/blog/creating-an-acceptable-smartphone-contract>
- Collect phones before teens go to bed. Time to turn in and time they can pick up.

### ***Strategy #5 Identify doorways (to access the internet)***

- Write a list of every doorway your family uses to access the internet.

*Examples: every computer, every tablet, every phone, smart tv, friends' devices, library computer, ...*

### ***Strategy #6: Guard doorways***

- Keep internet devices out of their bedroom
- Talk to parents of friends where your kids are spending time
- Install opendns.com on your home router
- Explains how to install it <https://support.opendns.com/hc/en-us/articles/228006487>
- Don't allow them to add/delete apps until 16
- Go to bottom of youtube.com and click yes to restricted mode
- Download <http://www1.k9webprotection.com>

### ***Strategy #7 Obey the same rules***

- Kids love to imitate
- [www.mamabearapp.com](http://www.mamabearapp.com)
- Model for them what you want to see

