

Media and the addicted generation

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The Addict

- Addiction is best understood as the dependency and habitual use of something that we eventually believe we can't live without. An addiction is characterized by an uncontrollable and compulsive use of that thing which eventually (and sometimes very quickly!) has negative health and/or social consequences.



- 2017 study, 20% of 5th Graders wake up in middle of night to check social media
- Over 50% of 13-17 year olds go online several times a day and nearly 1/4 are online almost constantly

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- 60% of parents think their teens are addicted to mobile devices and 1/2 of teens agree with them
 - Males are more prone to be addicted to online gambling, pornography and games
 - Woman are more prone to be addicted to chatting, instant messaging and online shopping
 - 37% of teens say they feel they wouldn't be able to live without a cellphone once they had it

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- At what age can you buy alcohol
 - At what age can you buy a cigarette
 - At what age can you vote
 - At what age can you start having a cell phone

Strategy #1: Pray Specifically

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

- www.homeword.com
- www.cpyu.org
- www.commonsemmedia.com

Strategy #4: Say certain things

- What should I do when I see pornography?
<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
- 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

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

Strategy #6: Guard doorways

- Keep internet devices out of their bedroom
- Talk to parents of friends where your kids are spending time
- Stall [opendns.com](https://support.opendns.com) on your home router
 - Explanation of how to install it:
 - <https://support.opendns.com/hc/en-us/articles/228006487>
- Don't allow them to add/delete apps until 16 yrs. old
- 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
- Model for them what you want to see

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- Are you addicted?
 - You are your kids coach, leader, shepherd, mentor, advisor, teacher, manager, boss, supervisor, and parent.
 - Rules without relationship equal rebellion