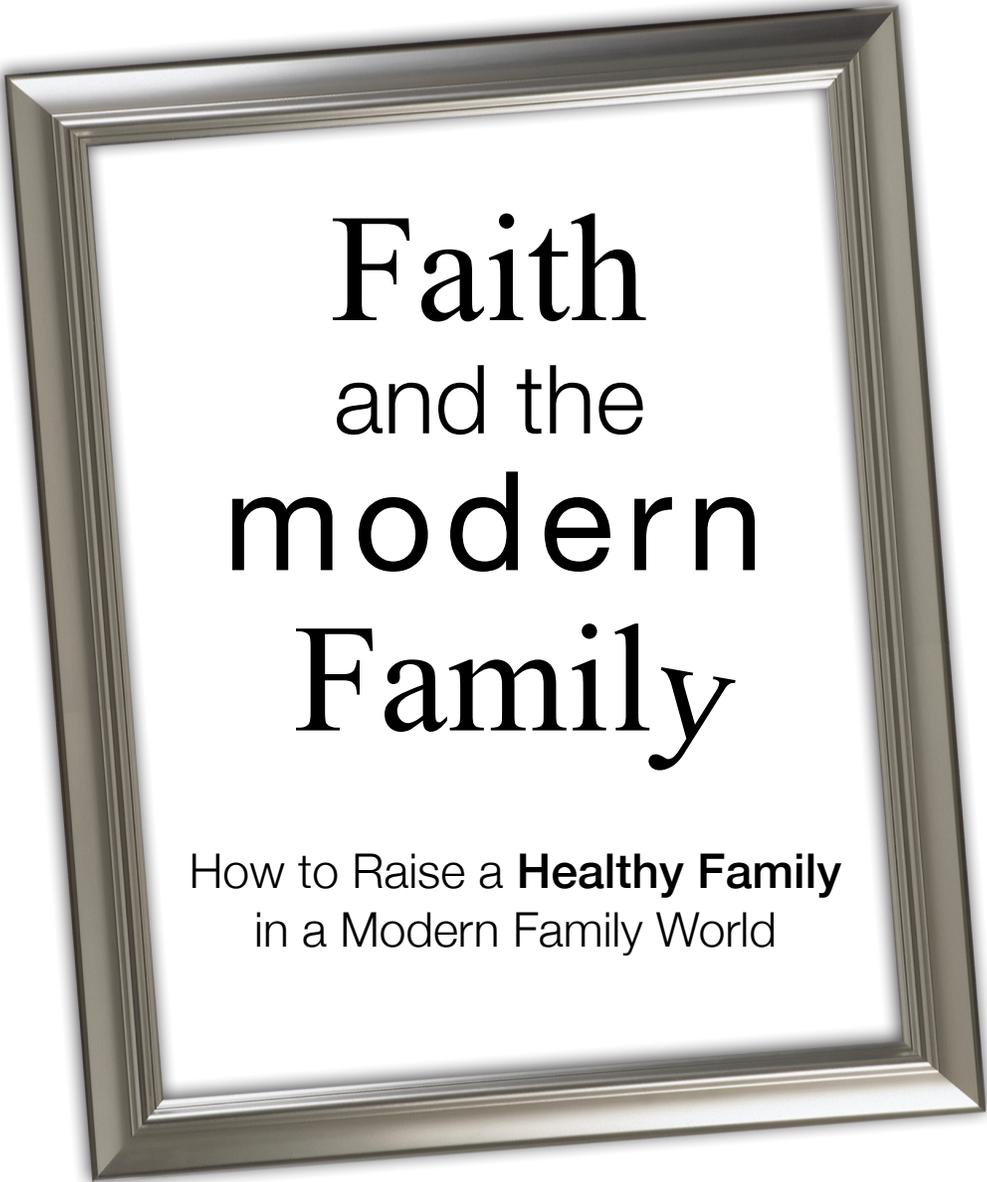


What Should I Know When Virtual Is Reality?

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Faith and the modern Family

How to Raise a **Healthy Family**
in a Modern Family World

1. Know How To

According to Find Law.com

Statistical Behavior Affecting Kids Online Safety.¹

71% of teens 13-17 say they received messages online from someone they did not know

40% of those receiving messages said they usually reply and chat back

30% of teens 13-17 have considered meeting someone that they have only talked to online

14% have actually had an encounter with someone they met online

A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers the consequences. Proverbs 27:12 NLT

¹ Findlaw.com <http://family.findlaw.com/parental-rights-and-liability/online-safety-for-kids.html> Accessed 8-28-12

10 Things You Can Do To Protect Your Child Online

1. Use internet filtering software on your computers.

Block inappropriate sites and content

www.bescure.com

Bescure is endorsed by Focus on the Family and provides social networking protection, online media filtering and provides text and email alerts to parents phones.

www.socialshield.com

This social network protection will alert you to potential dangers and will give you information to keep your children safe and protect them online.

www.internetsafety.com

Safe Eyes software will make you aware of content that is being accessed and other dangers that pose a threat to your children on the internet. (Mac Friendly)

When looking for internet filtering software you may want to consider one that not only covers your computer but mobile devices as well. Smartphones and tablets are the new normal and need to be filtered as well.

2. Use parental controls on your computers.

3. Know your child's privacy settings on social media sites.

Netflix, Facebook, twitter, Instagram, vine

There are age requirements for joining certain social media sites.

You must be 13 before creating an account on Facebook.²

You must be 13 before creating an account on Instagram.³

You must be 17 before creating an account on Vine.⁴

You must be 13 before creating an account on YouTube.⁵

No current minimum age for a Twitter account.



DOWNLOAD Agreement for Maintaining A Healthy Social Media Account at www.whowillyouempower.com/protectonline

4. Spend time together with your child online.

Model appropriate behavior when a pop up ad occurs. Show them the way.

5. Sign an internet safety contract with your child.



DOWNLOAD A Sample Internet Safety Agreement at www.whowillyouempower.com/protectonline

² Facebook.com, <http://www.facebook.com/help/210644045634222> (accessed June 2013)

³ Instagram.com, <http://instagram.com/legal/privacy/#> (accessed June 2013)

⁴ itunes.apple.com, <https://itunes.apple.com/us/app/vine/id592447445?mt=8> (accessed June 2013)

⁵ google.com, <https://support.google.com/accounts/answer/1350409?hl=en> (accessed June 2013)

6. Teach your child to never give out any personal information.

7. Explain why your child shouldn't chat with anyone they don't know.

8. Discuss the acceptable use of the internet with your children.

9. Show your child what to do if they stumble onto inappropriate sites.

10. Frequently check your child's digital footprint.

- Know what they have been viewing
- Know where they have digitally traveled

A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers the consequences. Proverbs 27:12 NLT

2. Know How To _____

Teach your children to choose the right path, and when they are older, they will remain upon it. Proverbs 22:6 NLT

10 Digital Boundaries To Think About With Your Child

1. Keep computers, tablets and game consoles in an open space.

I honestly thought when I went to research this topic I was going to be in the minority on setting this boundary. However, most every website I checked included this specific digital boundary. Including MTV, ABC and Findlaw.com. The recommendation was listed as something you SHOULD Do for kids age 7-18.

2. Set appropriate time limits for daily screen time.

3. Establish a minimum age for joining social media sites.

4. Children must not sign up for anything unless they get permission.

5. Have your child friend you on social media sites.

6. Have your child charge their phones in an open location before bed.



**DOWNLOAD A Sample Cell Phone Agreement at
www.whowillyouempower.com/protectonline**

7. Randomly check your child's texts.

Accountability

But I am keeping them accountable for their actions.

Accountability: Responsible to someone for an action or behavior.

What about my kids privacy?

I believe kids should have some level of privacy for healthy growth. However, I have a responsibility as a parent to protect my children.

8. When family time is on then all media is off.

9. Write and communicate consequences for breaking digital rules.

10. Monitor *all* your kids media (including gaming consoles

3. Know How To

*Be strong with the Lord's mighty power. Put on all of God's armor so that you will be able to stand firm against all **strategies** and tricks of the Devil. For we are not fighting against people made of flesh and blood, but against the evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms. Ephesians 6:10-12 NLT*

The word "Strategy" is a military term suggesting thoughtful posturing for an attack.

- A plan
- A Method
- A series of maneuvers to obtain a goal
- Long range development

In an Article Entitled "The New Normal? Youth Exposure to Online Pornography⁶"
by Daniel Weiss

"Many parents' greatest fear concerning the Internet is that their children will encounter and be harmed by online pornography. These fears are well-grounded. Research conducted over the past decade has documented significant rates of exposure for both boys and girls. One team of researchers concluded that "exposure to online pornography might have reached a point where it can be characterized as normative among youth Internet users, especially teenage boys."

⁶ The New Normal? Youth Exposure to Online Pornography" Wednesday April 6, 2011, Daniel Weiss, (http://myrocktoday.com/default.asp?q_areaprimariyid=7&q_areasecondaryid=74&q_areatertiaryid=0&q_articleid=861) Accessed 8-29-12

10 Digital Topics To Talk About With Your Child

1. Cyberbullying and a zero tolerance for it.

Definition: Cyberbullying is defined as the use of technology to tease, harass, threaten, embarrass, intimidate or humiliate another person.

Anyone can be a victim of cyberbullying, but students are frequent targets. From fake Facebook pages to the posting of embarrassing videos and photos, more than 20 percent of today's U.S. students age 10 to 18 report being a victim of cyberbullying.⁷

2. Sexting and a zero tolerance for it.

“Sexting” is a word created by the media to describe a complex social behavior that could involve sending, receiving or forwarding sexually explicit messages or pictures.⁸

3. Think before you post.

We live in a split-second world of send it now, worry about it later.

When I was a teenager I wasn't exactly known for thinking things through, especially when it comes to posting something online. If they think it, they post it. If they take a picture, they share it. Consider a SMART Post.

Stop
Modify
Adjust
Review
Tell

⁷ Article Entitled, “Prevent You Child From Being A Victim of Cyberbullying.” http://www.marinatimes.com/sep11/athome_familymatters2.html Accessed 8-25-12

⁸ What Parents Need to Know about 'Sexting,' Friday April 8, 2011 http://www.myrocktoday.org/default.asp?q_areaprimayid=7&q_areasecondaryid=75&q_areatertiaryid=0&q_articleid=892 Accessed 8-29-12

4. Understand that everyone is watching and nothing is private.

5. How much time online?

Talking and texting on a cellphone

According to a Kaiser Family Foundation study in 2009, on average, youth spend more than two hours daily talking and texting on cellphones, including 33 minutes talking and 95 minutes texting. Just over half of youth (56%) talk on a cell each day, spending nearly an hour in conversation. Slightly under half of youth (46%) text each day, but those who do send an average of 118 texts per day.⁹

6. Communicate that online does not equal “Always True”

7. Social media sites require self-control and responsibility.

8. WWJD if He had a Facebook account?

9. There is no changing your mind in cyberspace.

10. Use an accountability application for your kid’s media.

⁹ “GENERATION M2: Media in the Lives of 8- to 18-Year-Olds,” 2010.