

# GET HELP

*parents*  
hope. healing. recovery.

## INTRO

Parents are the most effective guard against children becoming involved in pornography. We have met many parents who are clueless about what is out there for their kids to get into.

"Well, my little Johnny wouldn't be looking at nude pictures on the web!"

"My house is safe because we have filtered Internet."

"My little angel only chats with friends online and would never talk to a stranger."

We love our kids and think they are the best. Often when a child gets into inappropriate material we dismiss it as 'kids being kids'. Well, parents should be parents.

It is our responsibility to monitor and control the content that comes into our homes. We are called to protect our children to the best of our abilities. That beckons for us as parents to actively understand where our kids go and what they do online.

## THE REALITY

**The reality** is your son or daughter probably know much more about technology than you think. They likely know more about computers and the Internet than you. That is exactly why you need to be informed on what is out there. You must become aware of the possibility that your son or daughter could be into something inappropriate.

**It's time** for you to get involved in their life. Ask the tough questions. Talk about the dangers. We realize talking about porn is as hard as talking about sex. Get out of your comfort zone. Your children are worth it.

## STATS

47% percent of families say pornography is a problem in their home.

Americans aged 13 to 18 spend more than 72 hours a week using electronic media defined as the Internet, cell phones, television, music and video games.

87% of all teens are online.

Average age of first Internet exposure to pornography is 11 years old.

15-17 year olds having multiple hard-core exposures-80%

8-16 year olds having viewed porn online-90% (most while doing homework).

7-17 year olds who would freely give out home address-29%

7-17 year olds who would freely give out email address-14%

Children's character names linked to thousands of porn links-26 (Including Pokemon and Action Man)

Youth who receive sexual solicitation are 1 in 7 (down from 2003 stat of 1 in 3)

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## NEXT STEPS

### 1. Monitor

Download XXXchurch's free accountability software X3watch. It's simple and completely free. This software monitors what is accessed online and sends a report of any questionable websites to email address of your choice. Download here - [x3watch.com](http://x3watch.com)

### 2. Filter

Get a filter! It is time to block the junk from coming in. Safe Eyes is the No. 1 Internet safety solution for homes as rated by America's leading consumer advocacy magazine. Safe Eyes offers robust options that allow the creation of customized protection parameters for each member of the family, no matter what age.

Safe Eyes installs with preset monitoring and content blocking capabilities, providing immediate protection for PCs and Macs. Once installed, individual "accounts" can be created and customized for each user based on their age, abilities, homework, and even bedtime. Download: [safeeyes.com](http://safeeyes.com)

### 3. Have the talk

It may be a little awkward, but your son or daughter will know that you care. As a parent you must actively engage

with your kids by taking a stance against inappropriate material through conversation. Tell your son or daughter the steps you are taking as a parent. Do not leave them in the dark. Let them know there is accountability software and a filter on the computer.

### 4. Get practical

Proximity is the best accountability-place the family computer in a space in your home that is well trafficked. There is nothing like mom peering over the shoulder at the screen. Do not let your children have a computer in their bedrooms.

### 5. Monitor social interaction on Internet

View Myspace, Facebook or other social networking pages regularly.

### 6. Monitor peer-to-peer file sharing

Millions of files are shared online through peer-to-peer (p2p) file sharing software, also called torrents, commonly called "downloading music or movies. common software: limewire, ares, gnutella, bittorrent or soulseek, and most have zero age verification or filtering options.

## GROUPS

Looking for a support/recovery group in your area?

- + Celebrate Recovery
- + LIFE Ministries Young Men
- + LIFE Ministries Young Women

Want to start your own group?

Check out the XXXCHURCH and LIFE Ministries Workbook as a guide:

- + Young Men's Workbook
- + Young Women's Workbook

*for more info*

Please visit [xxxchurch.com/gethelp/parents](http://xxxchurch.com/gethelp/parents)

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