

Digital Home Defense

SAFE HOME

Information Sheet • 2023

For additional information on the digital revolution, pornography, mobile apps, screen time, and the digital discipleship of children and teenagers, consider these websites:

www.westartnow.org/parent-guides
www.axis.org
www.digitalkidsinitiative.com
www.sexualintegrityinitiative.com
www.youthministrymedia.ca/infographics
www.josh.org/resources/apologetics/research
www.harvestusa.org/blog
www.fightthenewdrug.org/get-the-facts/
www.protectyoungminds.org

Facebook Groups with helpful information:

- ✓ Common Sense Media
- ✓ Gabb Wireless
- ✓ Screensmart Families
- ✓ Digital Parents by WebSafety

FAST FACTS

- 30% of online content is pornography.
- The largest “consumer group” of internet pornography are teens age 12 to 17.
- Only 3% of teen boys and 17% of teen girls have *never* seen internet pornography.
- 70% of teenagers attempt to conceal their digital behavior from their parents.
- 93% of boys and 62% of girls are exposed to internet pornography before the age of 18. The average age of first exposure to Internet pornography is 11.
- 66% of teens and young adults (age 13-25) have received a sexually explicit image from a peer and 41% have sent one.
- 70% of boys and 23% of girls have spent more than 30 consecutive minutes looking at online pornography on at least one occasion. 35% of boys and 14% of girls have done this on more than ten occasions.

THE “DIGITAL HOME INVASION”

HOME INVASION is the crime of entering a dwelling with the intent to harm the lawful inhabitants. This definition perfectly encapsulates what internet pornography is doing to our homes.

“Pornography is anything that the heart uses to find sexual expression outside of God’s intended design for relational intimacy. It is anything that tempts or corrupts the human heart into desiring sexual pleasure in sinful ways.”

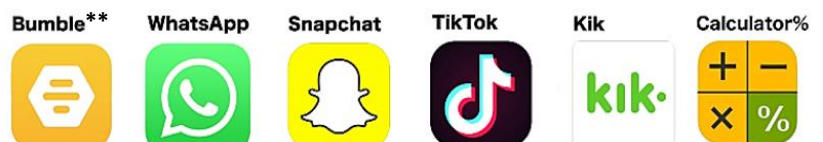
“Living in a ‘Porn is the Norm’ Culture” (HarvestUSA.org)

ACCESS and AVAILABILITY

Internet pornography is so easy to find that approximately 34% of internet users have experienced unwanted exposure to porn while engaging in harmless activity. But how are kids and teens accessing pornography?

- (1) THROUGH TIKTOK, SNAPCHAT, and OTHER UNFILTERED APPS**
WHY? Hard to trace and easy to erase. Pictures are saved to locked “photo vault” apps designed to look like a calculator, clock, video game, or time management app.
WHAT CAN I DO? Require parental approval to add apps to any smartphone. Have “phone checks” and search through apps. Have open conversations with your students. Disallow unfiltered apps.
- (2) ON A FRIEND’S SMART DEVICE**
WHY? Technology policies vary from house to house.
WHAT CAN I DO? Be attentive and observant about behavior changes in your student. Converse openly with your student about sexuality. Most students are introduced to porn through a close friend or peer.
- (3) MOVIES & SHOWS ON STREAMING SERVICES**
WHY? Streaming services are not filtered like television shows.
WHAT CAN I DO? Streaming services track your “watch history.” Check that occasionally to see what is being viewed. Know what your kids are watching and research the content of these shows / movies.
- (4) LATE AT NIGHT BEHIND A CLOSED DOOR**
WHY? Ease of access and total privacy.
WHAT CAN I DO? No phones in rooms—especially overnight.
- (5) GRANDPARENT’S HOUSE**
WHY? Grandparents often have unfiltered internet in their homes.
WHAT CAN I DO? Help grandparents have consistent policies with your home. Ask about installing proper safeguards on their devices.

UNFILTERED “DIGITAL HOME INTRUDERS”



** And other apps designed to meet strangers: Tinder, Grindr, Skout, Omegle, etc.

HELPFUL BOOKS

MINI-BOOKS

“Equipped”

(mini-book from *Covenant Eyes*)

Download for FREE today at

www.covenanteyes.com/equipped

“A Parent’s Guide to Understanding Social Media” . . . Mark Oestreicher

“A Parent’s Guide to Understanding Teenage Brains” . . . Mark Oestreicher

“A Parent’s Guide to Understanding Sex and Dating” . . . Mark Oestreicher

DESIGNED TO USE WITH CHILDREN

“Good Pictures Bad Pictures: Porn-Proofing Today’s Young Kids”

. . . Kristen A. Jenson

“Good Pictures Bad Pictures JR.: A Simple Plan to Protect Young Minds”

. . . Kristen A. Jenson

DESIGNED TO USE WITH TEENS

“52 Ways to Connect with Your Smartphone Obsessed Kid”

. . . Jonathan McKee

DESIGNED FOR TEENS TO READ

“Every Young Man’s Battle”

. . . Stephen Arterburn

“Every Young Woman’s Battle”

. . . Shannon Ethridge

“The Teen’s Guide to Social Media”

. . . Jonathan McKee

DESIGNED FOR PARENTS

“Every Parent’s Battle: A Family Guide to Resisting Pornography”

. . . Dan S. Spencer III

“Managing Your Family’s High-Tech Habits” . . . Arnie Cole

THE “DIGITAL HOME DEFENSE”

ANTHEM: Strategies for Fighting Lust . . . JOHN PIPER

A – Avoid the sights and situations that arouse unfitting desire.

N – Say “NO” to every lustful thought within five seconds.

T – Turn the mind forcefully toward Christ as a superior satisfaction.

H – Hold the promise and the pleasure of Christ firmly in your mind.

E – Enjoy a superior satisfaction.

M – Move into a useful activity away from idleness and vulnerability.

DETER PROTECTION BEGINS WITH RELATIONSHIP

PRISON [vs.] FORTRESS

The fundamental difference between a prison and a fortress is the location of the enemy. In prison, the enemy is locked *in*. In a fortress, the enemy is locked *out*. In both cases, the enemy is clearly defined. Your kids and grandkids will view digital safety as a prison unless the conversation surrounding your decisions to keep them safe is built on a foundation of authentic love, mutual trust, and open dialogue.

DETECT SHINE A LIGHT ON AN APPROACHING THREAT

Questions to identify a potential threat to your home’s digital safety:

- 1) Has your home had an open, honest conversation about pornography?
- 2) Do you know the function of every app on your child’s phone or tablet?
- 3) Do you know the nature of your child’s digital communications?
- 4) Do you have an “open phone policy” with your child?
- 5) Does your child have his/her phone/tablet in their room overnight?

DENY LOCK THE DOORS

The enemy wants to “steal, kill, and destroy” your family. (John 10:10)
We want to deny his access to your family. Here are some suggestions:

RECOMMENDED:

+ *Covenant Eyes*
+ *Qustodio*
+ *Gabb Wireless*
+ *Bark*

FOR MORE COMPLETE RESEARCH:

www.consumersadvocate.org/parental-control-apps
www.protectyoungeyes.com/best-iphone-parental-control-software

DEFEND ENGAGE WITH DECISIVE ACTION

WHAT DO I DO WHEN MY CHILD HAS ACCESSED PORNOGRAPHY?

1. Control your anger and hurt. Greet them with love.
2. Pursue their heart, not their behavior. Help them see Christ.
3. Keep a discussion going about God’s plan for human sexuality.
4. Examine your own heart. Are you living God’s plan for sexuality?
5. Take steps to restrict access while engaging in ongoing accountability.
6. Don’t let up or give up. Shepherd them forward in their spiritual lives.
7. Evaluate whether outside counseling is necessary or could be beneficial.