

Sample Internet agreement

It is important that your internet agreement reflect the age of your children. Never forget that proper communication in your home is more imperative than a list of rules (Rules without relationship = rebellion).

1. No computer/internet/games/phone, etc... until all homework is done and it is after 3:30 pm.
2. Phone stays home when?
3. All email accounts, social networks, groups, etc... will be made known and a list of current passwords will be given.
4. We will look at the electronic device together at any time.
5. I will keep my parents as “friends” on all social networks (it is up to you to tell us).
6. I will not friend/follow people I don’t know.
7. I will not give my address or whereabouts to anyone on any social media.
8. I will not post/ send pictures that I would not want my grandma to see.
9. I will not spend more than 2 hours on a device a day.
10. All internet use will be in a public space. Never in my room, bathroom, downstairs.
11. No computer/internet after 9 pm. Electronic devices will be turned in every night.

I have read these rules and I understand them and agree to follow them.

Name: _____ Date: _____

Cyber Safe

A practical guide to internet safety and addiction help



NewLife906.com

Updated: October 2023

Self-Test: Am I controlled by internet/social media use?

- Are you preoccupied with the Internet (think about previous online activity or anticipate the next online session)?
- Have you repeatedly made unsuccessful efforts to control, cut back, or stop Internet use?
- Do you feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?
- Do you stay online longer than originally intended?
- Have you lied to people to conceal the extent of your involvement with the Internet?
- Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, and depression)?
- Help for internet addictions:

<https://www.helpguide.org/articles/addictions/smartphone-addiction.htm>

7. When you have guests who are children at your home, be aware of who has a smartphone. If children are spending the night, collect ALL electronic devices that have mobile service.

Instruct your children

1. Not to meet anyone face-to-face whom they have met online without parental involvement.
2. Not to upload or post pictures of themselves on the internet to people whom they do not personally know or that they don't want the world to see. If you don't want grandma to see it, don't share it.
3. Not to post or give out personal information which could identify them to a stranger such as their name, home address, school name, or telephone number.
4. Do not download pictures from an unknown source.
5. Not to respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing.
6. Not to believe everything they are told online.
7. Talk to you if they see or hear something that makes them uncomfortable.

Questions

1. When is my child ready for a smartphone? Typically, children do not need a smartphone before at least the age of 16.
2. When should I allow my child to go on social media? Most social media websites and apps require that kids be 13 to sign up. 13 should be the minimum age.

Game Consoles

Set up parental restrictions on your game consoles. Most game consoles have a browser that can be blocked. Many children's games have chat features that are a hangout for sexual predators – stay alert, stay involved.

Safe Practices for Children Online

1. Set up house rules that adults and children agree to.
2. Talk openly with your child about the potential dangers online.
3. Help your child understand what sexual victimization is and do not be afraid to use specific examples.
4. Avoid having the computer or any media that has access to the web in a private place
5. If your child uses the internet outside the house, i.e., at school, the library, a friend's house, a relative, a neighbor, etc..., find out what type of controls and safeguards are used in that home. YES, BE THAT PARENT - ASK THE DIFFICULT QUESTIONS.
6. Keep an accountability rule in the home: If a child is on an electronic device a parent has the right to view it on the spot.

Fight the Porn Battle

Stats:

- 77% of professing Christian men 18 - 30 look at pornography at least monthly. (<https://www.provenmen.org/2014pornsurvey/>)
- 84.4% of males and 57% of females ages 14 to 18 have viewed pornography at least once (<https://www.provenmen.org/2014pornsurvey/>)
- 1 in 3 underage teens report having seen non-consensually shared nudes of other minors —which is legally considered “child pornography”. (https://info.thorn.org/hubfs/Research/08112020_SG-CSAM_AttributesExperiences-Report_2019.pdf)
- As of September 2023, 3 of the top 15 sites in the world and the USA are porn. (<https://www.similarweb.com/top-websites/>)
- 12 is the average age of first porn exposure. (<https://www.common sense media.org/press-releases/new-report-reveals-truths-about-how-teens-engage-with-pornography>)
- According to a 2020 report, approximately 1 in 5 girls and 1 in 10 boys aged 13-17 report sharing their own nudes. (https://info.thorn.org/hubfs/Research/08112020_SG-CSAM_AttributesExperiences-Report_2019.pdf)
- Of all underage victims recruited for active criminal sex trafficking cases online in 2020, 65% were recruited through Facebook, 14% through Instagram, & 8% through Snapchat. (<https://endsexualexploitation.org/articles/cyberspace-a-fertile-hunting-ground-for-sex-traffickers/>)

Stay Informed

- fightthenewdrug.org – Get the facts on porn.
- enough.org – Making the internet safe for children
- <https://endsexualexploitation.org/>
- *For info on children’s screen habits, eye opening. https://info.thorn.org/hubfs/Research/08112020_SG-CSAM_AttitudesExperiences-Report_2019.pdf

Apps and Safeguards

- mobicip.com – Smart parental control app
- nofap.com – Helping people who struggle with porn
- canopy.us - Porn blocking. Family filters.
- x3watch.com - porn accountability, online groups, and training material.
- Accountable2You.com: Accountability and screen time
- Covenanteyes.com – A great place for resources and screen accountability.

Home Filters with Safeguards

Meetcirlce.com - filters, training for family conversations...
Gryphonconnect.com - Home router with filters
Highland Internet – Home filter

Quitting Porn Resources

- conquerseries.com – Video Series
- xxxchurch.com
- moralrevolution.com/porn-prevention – video series
- Podcast: Overcome Pornography for Good by Sara Brewer
- Phone app: Fortify
- Celebrate Recovery – Meet every Thursday 6:30 pm at New Life
- Movie - Nefarious: Merchant of Souls

Steps to Quitting

1. You can stop. Thousands have stopped.
 - a) “Everything has improved, I’m no longer depressed or ashamed.”
 - b) “I can more authentically love people for who they are.”
 - c) “Increased ability to focus and accomplish my goals.”
2. Repent. Every time. Avoid shaming self. Shame feeds the cycle.
3. Pay attention to your brain or to triggers. Porn is often not the problem, but the coping method for deeper issues.
4. Tell someone. Secrecy is a tool to keep you trapped.
5. Get a blocker on your phone, accountability software, and remove apps.
6. Don’t let yourself make excuses. No shame and no excuses.
7. Don’t ever give up.

Protect Children and the Home

Your Child is a TARGET

According to the FBI, while electronic chat can be a great place for children to make new friends and discuss various topics of interest, it is also prowled by sex offenders. The use of chat rooms, group chats, comment sections, and social media should be monitored. While parents should use parental controls provided by their service provider or blocking software, they should not totally rely on them. Other elements equally as important are communication, observation, and accountability.