

IV. Today's Media and Technology



A. Group Activity 3.3. See page 31. (Allow 3 minutes)

1. Ask for a volunteer to read the activity instructions aloud
2. Complete activity.
3. Debrief activity:

a) Project Slide 7. Chart responses



B. The Influence of Music: Project Slide 8.

1. Except for the time kids spend in school, listening to music and texting are the number one teen activities in the country.
2. Lots of folks argue that music does not influence our childrens' self-destructive choices.
3. Let me see a show of hands, how many of you have ever been moved to tears, joy or sadness by a song or a piece of music?
3. So if music can positively impact our moods, it can have a negative impact as well.
4. Let's face it. The message our children receive in some of the music they listen to is garbage.



a) Play the song you have chosen for your parents to hear

now. *(This is a must do activity. Most parents have no idea the type of music their kids listen to. Without this activity, many parents will not take the necessary steps to monitor their children's music.)*



5. Repeated exposure to illegal and immoral themes like violence, drug use, gangs and sexual involvement, causes many kids to see these things as normal.

1:00

C. Parental Advisory Labels and iPods

1. Many record companies now have Parental Advisory Labels (PALS) on CD's to help parents monitor their children's music.
2. But, these labels are voluntary. Record companies do not have to use them.
3. Many kids also burn their own CD's, or download their music.
4. This means that parents must listen to every piece of music their children have. There is just no other way to monitor.
5. iPods and other music players can hold 12,000 or more songs. So how do we listen to 12,000 songs?
6. Ask for a volunteer to read the **Example** on pages 31 and 32, aloud. ("One father would . . .")



Is Your Family Prepared for Today's Media and Technology?

When children reach adolescence, they naturally begin spending less time with their parents. But there are some things that parents unintentionally ignore that helps rocket kids away from their

family and their family's values. Parents must carefully monitor the music to which their children listen, the TV, video games, smart phones and the Internet.

Group Activity 3.3: Where Did He Learn That?

Working with your group, brainstorm and record your list of answers to the following question: Where do children learn violent behavior?



• Example: Friends / Society

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The Impact of Music

With the exception of the time kids spend in school, listening to music and communicating with friends via social media are the number one teen activities in the country. For many teens, music is a highly destructive influence. Many folks, mostly those in the recording industry, argue that music does not influence our children's vicious or self-destructive choices. Poppycock! Research studies confirm the influence music has in our lives. There is hardly a person on the face of the earth who has NOT been moved by a song or piece of music. Music cannot only positively impact our mood; it can negatively impact us as well. Repeated exposure to the illegal and immoral themes of violence, drug use, gangs, and early sexual involvement, causes some teens to view these dangerous behaviors as normal and acceptable. Perhaps our grandparents said it best, *garbage in, garbage out*.

While popular music groups are continuously changing, the responsibility for parents to process

the lyrics of their children's music never changes. When parents hear a message of which they disapprove, (violence, drugs, the gang lifestyle, inappropriate sexual behavior, etc.), parents should communicate that fact to their children and destroy the CD, delete the music from the player, or withhold the player until the child will do so. This is not a one-time activity, but an ongoing process. While taking our time, effort, and focus as parents to do so, intervening and filtering the media our children are exposed to, pays in significant dividends when our children begin to do so themselves.

Example: One father would occasionally ask his son to put his iPod on shuffle. Dad would then listen to 5 or 10 songs. If he heard a piece of music he did not like, the father would then return the iPod to his son and ask him to delete every song of which the father disapproved. When the son asked, Which songs? Dad would respond simply, You know son. We've had this conversa-



7. Does your child listen to Pandora, iTunes or another online music station? What is their favorite type of music? Who is their favorite artist?
8. Why? One song we listened to encouraged:
 - a) the gang lifestyle,
 - b) homicides,
 - c) rape,
 - d) oral copulation at the point of a gun,
 - e) drug use,
 - f) gay bashing,
 - g) and laughed at pedophilia, (child molestation)
9. We cannot be there every time our kids hear a song. That is why we must never miss an opportunity to convey our family values to our children.
10. While we cannot control what our kids listen to outside the home, we can control the music in our homes.
11. If we don't step up and say no to our kids, who will?

D. TV's in Bedrooms

1. Some surveys indicate that as many as 50% of teens have a TV in their bedroom.
2. When kids watch TV in their room, it makes it nearly impossible to monitor what they watch. Especially if we have cable or satellite TV.
3. Even if a family is just watching TV together, they are doing it as a family.
4. This gives parents the opportunity to clarify the values they see on TV if they are contrary to their own.
5. Our kids naturally spend more time away from family when they reach the teenage years. But, allowing TV's in bedrooms further reduces the opportunity for family time and parental influence.

E. Computers and Tablets in Bedrooms

1. Computers in bedrooms may be another problem for parents who are trying to actively supervise their children.
2. Computers that are just basically word processors are fine, but children's computers should not have internet access or computer games that parents have not reviewed.
3. Violent computer games, internet porn sites, internet chat rooms, music and hate groups are just a few of the reasons parents should carefully monitor computer use.
4. Most experts recommend limiting recreational TV and computer use to no more than one hour per day. (One hour for each item.)
5. Ask for a volunteer to read the last paragraph on page 32 and the first paragraph on page 33, aloud. ("Does your child have . . .")



tion before. After his son was finished with his edits, the father would listen to the iPod again. If there were still songs on the iPod of which the father disapproved, Dad would keep his son's iPod for a few days and tell his son he would have another chance to remove the unwanted music when the iPod was returned. Using this technique, the father was not only able to monitor his son's music, but helped his son process the message of the lyrics to which he was listening.

Does your child listen to Pandora, iTunes or another online music station? What is their favorite type of music? Who is their favorite artist. One popular song we recently listened to, encouraged:

- **the gang lifestyle,**
- **homicides,**
- **rape,**
- **oral copulation at the point of a gun,**
- **drug use,**
- **drug dealing,**
- **gay bashing,**
- **and laughed at pedophilia (child molestation).**

Many parents are shocked when they actually take the time to sit and listen to the music their children are listening to. Parents who wish to stay current can use their favorite search engine to view song lyrics.

We realize that parents cannot monitor their kids around the clock. And because children are going to hear the negative messages expressed in some of the music they listen to, it is important that parents are there to deliver the right message and to share family values with their children as frequently as possible.

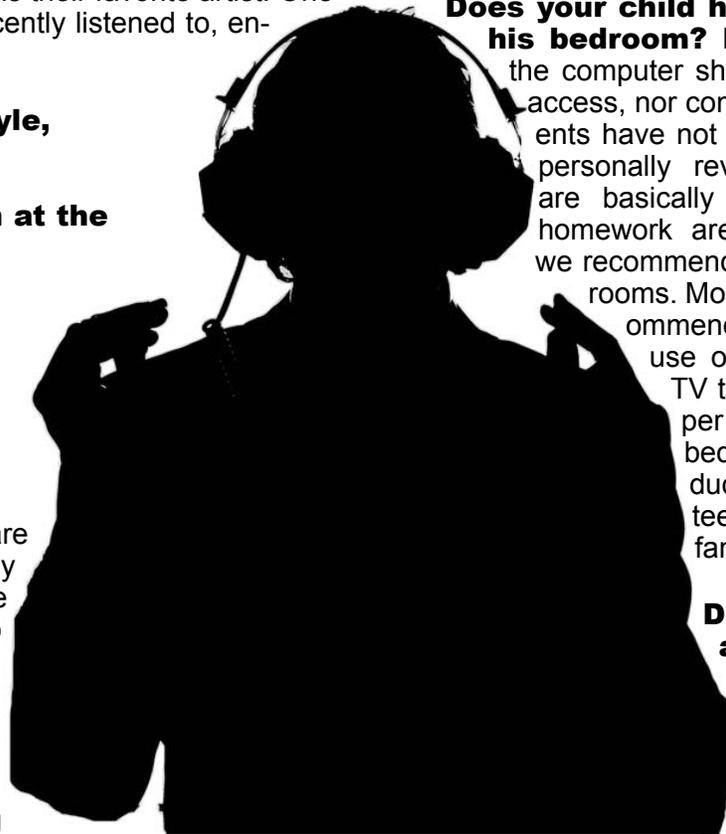
TV's, Internet & Games

Does your child have a TV in his bedroom? If the answer is yes, you are not alone. Some surveys indicate that as many as 50% of teens have a TV in their bedroom. Even if the family is just watching TV together, they are doing it as a family. Parents are right there to clarify the values shown on TV that are contrary to their family values. It is nearly impossible to monitor the programs our children watch in their bedrooms.

Does your child have a computer in his bedroom? If he does, we believe the computer should not have Internet access, nor computer games that parents have not had the opportunity to personally review. Computers that are basically word processors for homework are the only computers we recommend children have in their rooms. Most learning experts recommend limiting recreational use of both computers and TV to no more than 1 hour per day. Like the TV in the bedroom, computers reduce the amount of time teens spend with their family.

Does your child have a Sony Play Station, X Box, Nintendo, or other computer game player? If the answer is yes, have you personally taken

the time to watch every game your child plays? Why? Did you know that the technology used in many violent video games is the same technology used by the U.S. Military to teach soldiers how to shoot and kill the enemy? Did you know that nearly every teenage suspect involved in a school shooting over the past 17 years played violent video games? Did you know that scientists are now researching whether or not violence is rewriting the still developing adolescent brain?





7. Remember, for many children video gaming has become an addiction. It is easier to limit the amount of time children spend playing video games than it is to intervene after a problem develops.



F. Cyber Bullying. Project Slide 11.

1. Cyber Bullying is a problem that continues to grow across the country.
2. For teens, Facebook, Instagram, other social networking sites, and mobile apps have become a nightmare for parents trying to actively supervise their children.
3. Some children actually have been driven to suicide as a result of postings on social networking sites and mobile apps.
4. Surveys conducted by the National Center for Missing and Exploited Children show as many as one in every three dating teenage girls are physically and emotionally abused by their boyfriends.
5. The emotional abuse often takes place through text messaging and mobile apps.
6. Ask for a volunteer to read the last paragraph in the first column and the **example** on page 33, aloud. (“Under no circumstances . . .”)



- 7. Show the video embedded in slide 12 in the PowerPoint presentation now.**

No! We do not think we are overreacting. We are not saying that every child who plays violent video games is going to shoot, or beat someone. We do think that parents should ask themselves this question, *What good comes from my child playing violent video games?* If the only answer is entertainment, aren't there other video games available that entertain our children without killing or maiming people? If our children are only interested in violent movies, video games, and music, it is definitely time for a change!

Social Networking and Cyber Bullying:

Along with listening to music, text messaging and Internet social networking are our children's most popular activities. There are some 35 million children on the Internet today.

Teenagers can be mean enough to one another when they are face to face. But, with the introduction of text messaging and mobile apps, teens can be downright cruel. "Cyber Bullying" is a growing problem in the country today. Many teens have been driven to suicide, and others physically attacked, as a result of what has been sent to them in text messages and written about them through mobile apps and on Social Networking sites. In most of these cases, the parents had no idea the problem existed until after the death or injury to their child.

There are some 35 million children on the internet today.

The National Center for Missing and Exploited Children, estimates that as many as one out of every three dating teenage girls are physically or emotionally abused by their boyfriends. The emotional abuse often takes place through social media and cell phone text messaging.

Under NO circumstances should children have passwords or user names to their Social Media accounts, cell phones, tablets or apps that are not shared with their parents. Most teenagers, (and some parents), see this as a privacy issue. We see it as a safety issue.

Example: We spoke with the director of one California organization that works with teenage girls who have suffered severe physical and emotional abuse at the hands of their boyfriends. The director reported that of the girls with whom they have worked, only 9% of them thought that the abuse they were suffering at the time was important enough to share with their parents. Despite the fact that the teenage girls in this study were suffering criminal assaults and receiving as many as 30 vicious text messages daily, less than 1 out of 10 females chose to reach out to their parents. Even in the face of those statistics, the organization's counselors, most of whom were 17 to 19 years, still did not believe parents should spot check their child's text messages, smartphone apps, e-mail, or Facebook page. The teen counselors saw this as a privacy issue. The parents of these victims said that in order to protect their children, all future cyber communications would absolutely be spot-checked. As we stated in Unit One, teens think differently than adults - even responsible teens with good intentions.

Parents can purchase software for their computers that allow them to both monitor and restrict Internet access. Most computer stores or software distributors are a resource for this type of software.





G. Smartphones and Mobile Apps. Project Slide 11.

1. More teens use smartphones and mobile apps than computers to go online.
2. Some research reports found that as many as 71% of teens still use Facebook.
3. Other surveys found almost no teens using Facebook.
4. Social media trends change rapidly. If you want to stay current, we strongly recommend that you conduct your own research, **frequently**.
5. Typing in “teens and social media” in your search engine’s address bar, will return several articles that can help you stay current.
6. For instance, a Pew Research Poll revealed that nearly 1 in every 4 teens reported sending naked photos of themselves using mobile apps.
6. However, recent “sexting” scandals on several high school campuses, nationally, demonstrated that 50 to 60% of the students on those campuses were involved in sending nude photos of themselves.
7. Here are just a few of the most recent statistics from the National Crime Prevention Center, the National Center for Missing and Exploited Children, the University of New Hampshire Youth Internet Safety Survey, and the Pew Research Center:



8. Project Slide # 12 and review each Statistic. (Take a moment to focus on “The single largest consumer group of internet porn is children, ages 12 to 17.)



9. Ask for a volunteer to read all of the information on mobile apps at the bottom of page 34, aloud. (“Popular mobile apps . . .”)

Smartphones and Mobile Apps

Keeping up with teens and the changes in social media requires constant effort. We've listed many commonly used mobile apps and social media sites below, but new apps are constantly being developed. More teens use mobile apps and their smartphones to go online, than computers.

According to a recent PEW Research Center report, 71% of teenagers ages 13 to 17 still use Facebook. However, another report on teens in the Atlanta Georgia area, found almost no teens using Facebook. Social media trends change rapidly and we strongly recommend that parents conduct their own frequent research. A simple Internet search of "teens and social media" will return several articles and research reports that can help parents stay current. Parents are encouraged to spot check their child's Internet browser's history

settings which may reveal what sites they visit.

Recent "sexting" scandals on middle and high school campuses, nationally, highlight the importance of maintaining open lines of communication with teens. In these particular incidents 50 to 60% of the high school students were involved in sending nude photographs of themselves using mobile apps. Cyber bullying, hate groups, pornographic websites, chat rooms and "dating apps" are just a few of the many reasons parents should actively supervise their children's use of media.

Here are just a few of the statistics from the National Crime Prevention Center, the National Center for Missing and Exploited Children, the University of New Hampshire Youth Internet Safety Survey and the Pew Research Center:

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- **93% of teens go online at least weekly.**
 - **There are over 4.2 million pornographic websites.**
 - **70% of all teens have accidentally encountered porn during an Internet search**
 - **The single largest consumer group of Internet porn is children, ages 12 to 17.**
 - **69% of teens regularly receive online communications from strangers and do not tell a parent or guardian.**
 - **96% of teens use social networking sites and apps.**
 - **71% of teens use more than one social networking site or app.**
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Popular mobile apps (and websites) with teens include:

Instagram (AKA "Selfie Central"): Allows photo and video sharing. Users can change the way photos look with the app's filters.

Snapchat: Also sends photos and videos. The sender can place a time limit on how long the video or photo is viewed (1 to 10 seconds). However, a simple 'screen shot' saves the photograph. The app SnapHack is also available for download. SnapHack allows the user "hack" the Snapchat application and save any photo or video sent. Snapchat is currently the number 1 "sexting" app on the market.

Ask.FM: A social networking site used almost exclusively by teens and pre-teens. It is a question and answer site that allows users to remain

anonymous. Ask.FM allows users to engage in bullying by continually asking inappropriate and derogatory questions.

Whisper: Allows users to superimpose text over pictures. The users remain anonymous. Whisper is increasingly being used for cyber bullying.

KiK Messenger: An extremely fast messaging app that allows teens to exchange videos and pictures. Teens use the app for "sexting" and dating. "KiK buddy" is replacing the term "sex buddy".

ooVoo: Allows users to video chat with up to 12 friends or strangers at a time.

Periscope: Allows users to "live stream" right from their phone by hitting "record." Anyone using the app can watch the user live.

H. Hidden or Secret Apps



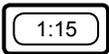
1. Hidden or secret apps allow users to hide text messages, photos, and videos. Other mobile apps allow users to go online without leaving a browser history.
2. One such app looks and acts like a regular calculator. This app currently has the + sign in the lower right hand corner of the app's icon.
3. With another app, "The Vault", users can hide the icon from the phones gallery.
4. Only when the user types in their password can the app be activated and seen.
5. Viewers cannot tell some of these app exists simply by looking at the phone.



6. If you are online, go to this link and play this 2 minute video for your parents: https://www.youtube.com/watch?v=Fniwr7y_s7o



7. Did you know that smartphones have the capability of hiding EVERY app on the phone?



8. By doing an internet search for "Find hidden apps", or, "Find hidden apps on iPhone", etc, you can learn how to uncover some hidden apps.



9. Ask for a volunteer to read the 3 paragraphs under "So What Should Parents Do?" on page 35, aloud. ("Talking with your children . . .")



10. Remember, human traffickers use technology and social media to identify, contact and prey on children.



11. Children looking for love, validation, self-worth and attention are prime targets.



12. Project Slide # 13 and review each summary point.

13. Remember, once a photograph, or an inappropriate text message hits cyberspace, it cannot be taken back. Encourage your children to protect their reputation.

WhatsApp: Has migrated from an application to a social networking site. Messages can be sent anonymously.

Blendr, Chatroulette, Down, Formspring.me, Pheed, Streetchat, Tinder, Tumblr, Twitter, U Mentioned, Vine, Wanelo, Yik Yak and YouNow also have many of the capabilities of the apps described in more detail on the previous page.

For parents, “**hidden**” or “**secret**” apps are another area of concern. One such app looks and acts like a regular calculator. Another application’s icon, “The Vault”, does not even show on the phones “gallery.” These apps allow users to hide videos, pictures, and texts. Other versions allow teens to go online without leaving any browser history. Only when the user types in their password for that specific hidden or secret application, does the app reveal its true purpose.

Caution: Did you know that most smartphones allow users to hide any app on the phone? By doing an Internet search for “hidden apps” or “find hidden apps” parents can learn how to uncover most hidden apps on smartphones.

Unfortunately, there is no technology available that allows for parental controls of mobile apps. If one did exist, developers would simply create a new app to defeat it. Applications can however, be located and removed from the phone. One cellphone company that highlights unlimited parental controls can be found at www.kajeet.com.

So What Should Parents Do?

Talking with your children about sexting, bullying and connecting with strangers online is the best way to head off potential problems. Remember, cell phones are a ‘thing’ and parents control things. One popular trend helping families reconnect is “7 to 7.” As a general rule, every family member’s cell phone is turned off at 7 PM. Cell phones are turned back on at 7 AM the following morning. At the very least, parents could try turning off every cell phone during the family dinner hour. Use the time away from all media to reconnect with your kids.

It is up to parents to occasionally check their child’s text messages, stored photos and examine the apps their children are using on their

smartphones. To do this, parents will need their child’s password/s. When children refuse, simply take their cell phone or turn off the cell phone service until they do. Despite what some children may claim, this is not a violation of a child’s “rights,” but the exercising of the parents’ responsibility to protect their children. It is much easier to prevent children from becoming involved in inappropriate sexual or bullying activity (either as instigator or victim) than to intervene after they have made some serious error in judgment and face embarrassing, even tragic, personal or legal consequences. As we stated earlier, trust has nothing to do with supervision.

Children occasionally show up with a second cell phone. In most cases the phone belongs to a friend. In more dangerous situations, the phone was given to the child by an adult. Many sex traffickers provide cell phones to their victims. Anytime an adult provides a child with a cell phone, the phone should be taken from the child. Parents should call the police to investigate.

In Summary:

- 1. Talk with your children about their Internet, computer and cell phone use. Encourage your children to protect their reputation.**
- 2. ACTIVELY supervise all of your child’s media: music, video games, apps, etc.**
- 3. Learn instant messaging slang terms. (Go to: <http://www.netlingo.com/> or <http://www.urbandictionary.com>)**
- 4. Learn all you can about your child’s smartphone’s technology. Are there any hidden or secret apps? Apps that allow users to remain anonymous or encourage contact with strangers should be located and removed from a child’s smartphone or tablet.**
- 6. Have the passwords to cell phones, tablets and the social networking sites your child uses. If your child refuses to provide them, withhold the device/s until your child gives you all passwords. Verify that they work, and spot-check these from time to time.**
- 7. Make cell phones and texting off limits during meals and at other family times. Parents must model this themselves.**



I. Activity 3.4. See page 36. (Allow 3 minutes)



1. Ask for a volunteer to read the activity instruction to the class, aloud.
2. Read each question to your class slowly. Give your parents enough time to fill in each blank.



3. Complete activity

4. Debrief activity

a) Active supervision certainly isn't easy. And it sometimes means that we must make decisions that are unpopular with our children. Remember when kids reach adolescence, they need a parent more than they need another friend.



b) Ask for a volunteer to read the poem on page 36, aloud.



c) What message do we send to our children when we don't ask where they are going, we don't pay attention to what they are doing, and we don't care what they watch or hear?

Activity 3.4: Scheduling Necessary Changes

While your session leader makes it easier by reading each question aloud, work alone or with your spouse to fill in the blanks.



Have you taken the time to listen to all of your childrens' music? _____ If the answer is no, we understand. Our advice is simple: get over it. Your child's safety is at stake. I promise my family to do it by: _____ o'clock, _____ date.

Does your child have a TV in his bedroom? _____ If the answer is Yes, come on now, be brave. Prepare to relocate the idiot box. Put it where you can monitor what your children watch. Tell your children you love them and make them some popcorn. They'll get over it.

Is your child fortunate enough to have a computer in his room? _____ If the answer is yes, two alerts: computer games and the Internet. If your child has access to either, prepare to intervene. You need to watch the games and monitor as well as limit Internet access.

Have you taken the time to spot check your child's cell phone text messages and stored photographs? _____ Do YOU think it is necessary? _____

Does your child have a Sony Play Station, X Box, Nintendo, or other computer game player? _____ If the answer is yes, you must find the time to watch every game your child plays.

Use these last three questions to help you decide what additional work you might need to do to bring yourself up to speed with your child's daily activities.

Do you know where your child is right now? _____

Do you have a good idea what your child is doing now? _____

If your child ran away from home or was missing, would you be able to give the police the names, addresses and telephone numbers of your child's closest friends? _____

Remember: As parents, the more excuses we offer, the less effective we become.

Because I Care

*I just need to know,
The things that you do;
So I will be keeping,
My eyes trained on you.*

*I know that it's hard,
And you won't understand,
But all caring parents,
Must have a child plan.*

*Parents must take,
A real active part,
In the things their kids do,*

*And the courses they chart.
And you need to know,
That rules are in place,
To help see you through,
This strange teenage space.*

*For there in its prism,
Lies a most awkward time,
When most parents feel,
The world's been unkind.*

*So when problems arise,
There is help on the way,*

*In the form of good rules,
To help you through the day.
Some rules you'll think tough,
But they help make you strong.*

*They help you distinguish,
The right from the wrong.*

*It's just like I said,
I'm going to be there,
To help you, to guide you,
And to show you I care.*