

Technology and social media

How to Disciple our kids in the digital age - week 2

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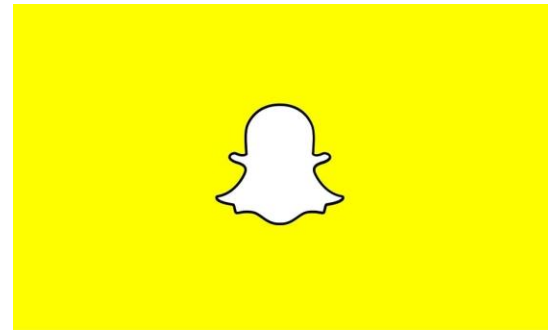
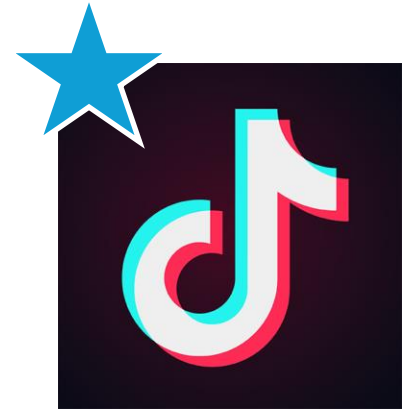
Week 1 Recap

- Screen time
- Know what media your kids are using and be familiar with content
- Fill your heart and mind with things of the Spirit (Phil 4:8 & Prov 4:23)
- Want to share any insights, conversations, plans made this week with your family?

Week 2

- This week is going to be the heavy stuff. We aren't trying to scare you, but the online world is very scary, and we must protect our children.
- Topics tonight:
 - Social Media Apps & Platforms
 - Exposure
 - Safety & Privacy
 - AI & ChatGPT
 - Parent Strategies

Social media apps & platforms



“Unrestricted access to social media and internet access on their phones will do more radicalization to them than a year in college”

- Adam Wyatt, Sr. Pastor Bethel Baptist Church,
Monticello, MS

Stats cont..

- 58% of tweens/75% of teens encountered nudity or content of a sexual nature.
- 19% of tweens/36% of teens used language or were exposed to language about anxiety
- 58% of tweens/77% of teens engaged in conversations surrounding drugs/alcohol
- 67% of tweens/76% of teens experienced bullying as a bully, victim, or witness.
- 26% of tweens/38% of teens engaged in conversations about depression
- 9% of tweens/21% of teens engaged with or encountered content about disordered eating
- 8% of tweens/10% of teens encountered predatory behaviors from someone online
- 68% of tweens/82% of teens expressed or experienced violent subject matter/thoughts
- Bark, 2023 annual report

Biggest Concerns

- Exposure
- Safety & Privacy

Exposure

- News & Politics
 - Violence & Graphic Content
 - Sexually Explicit or Suggestive Material
 - Misinformation; edited content to suggest a different message from original context.
 - Secular worldview vs. Biblical worldview
- Being disciplined by social media.
 - "The online world isn't the screen of innocent fun so many parents believe it to be. It's a hypersexualized world where validation, acceptance, and worth are inexorably connected to sexual appeal and appetite."
 - <https://www.crossway.org/articles/social-media-is-disciplining-you/>

David's TikTok Example

Safety & privacy

- Cyberbullying
- Sexting & Revenge Porn
- Online Predators
- Shared information
- Hidden Apps
- Decoy Apps

Safety & privacy

- Cyberbullying
 - Effects girl the most
 - Can't "get away" from it
 - Going viral
 - People are bolder behind a screen and will say things they would never dare say face to face.
- Mental Health
 - Anxiety and Depression
 - Negative feedback loop

Safety & Privacy

- Sexting
 - Teens that have sent or posted a nude or semi-nude photo or video: 22% of girls, 18% of boys
 - Teens that have sent a sexually suggestive message via text, email, or instant message: 37% of girls, 40% of boys; 48% of teens have received this type of message
- Revenge Porn
 - Not a case of “scorned lover”
 - Sharing of any sexually explicit image without the consent of the subject in the photo
 - Sextortion & Online Grooming
 - Child porn laws in MS

Safety & Privacy

- Hidden Apps

- Settings > Apps > scroll all the way to the bottom and select Hidden apps

OR

- Use Spotlight Search by swiping down on home screen and type in app you are looking for.

- Decoy Apps

- Typically stored in or hidden in *folders*
- Referred to as “vault, ghost or secret” apps: disguised as a calculator, photo or music app
- Most popular decoy apps are: *Secret Calculator App, Keepsafe, Note apps*

Finding decoy apps

- Check downloaded apps : look for duplicate utility apps like calculators, notes, flashlights. Look at names of apps that may use “ghost”, “vault”, or “secret”.
- Review credit card statements: these apps typically offer a premium service for a small fee. You can also implement “permission to purchase” on your apple settings.
- Check Iphone Storage: utility apps only use about 50 MB of storage so anything higher than that is likely utilizing concealed features.
- <https://www.bitdefender.com/en-us/blog/hotforsecurity/kids-using-secret-decoy-apps-what-parents-need-to-know-about-the-dangers>
- Be aware of apps that allow you to change its icon image. This makes it harder to find things when parents just get quick glances at screens.
- Kids will also make multiple accounts to hide some things. Example IG Account, one that mom knows about and another account that she doesn't know about or follow.

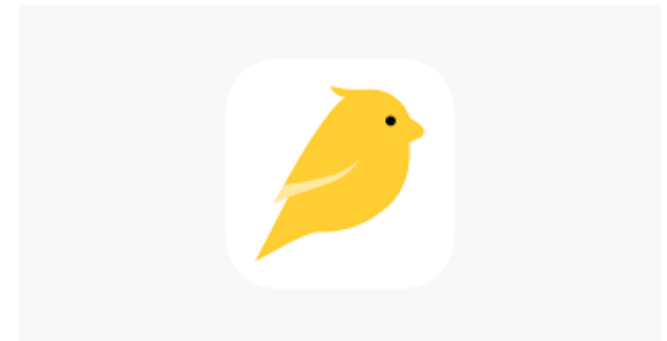
AI Concerns

- Teens having “conversations” with AI bots and ChatGPT
- Information being shared and stored for AI use
- Artificial images or “deep fakes”
- AI chat programs moving into toddler toys.

Parental Controls

- Tonight's handouts
- PluggedIn.com offers tutorials for every streaming and social media platform.
- You can put a parental control on just about everything including music streaming apps like Spotify.

Parental Monitoring Apps



Parent Strategies

- Put parental controls on everything: social media, gaming, music, streaming services, etc. Lock it all down.
- Use filters and parental monitoring services.
- Family Media Contract: just like with screentime expectations, set explicit rules and boundaries for apps that can be used, when it can be used, how and where it can be used.
- Weekly family meetings
- Consistent review of systems: what's working, what isn't, adapt based on needs.

Think-Pair-Share

- What are your initial thoughts about this information? Were you surprised by any of the information?
- Are you currently using any parental controls or monitoring apps? What's your experience been?

Links

- https://www.pewresearch.org/internet/fact-sheet/teens-and-social-media-fact-sheet/?utm_source=prcsite&utm_medium=topic-summary&utm_campaign=social-media
- https://enough.org/stats_internet_safety
- <https://www.common sense media.org/press-releases/new-report-reveals-truths-about-how-teens-engage-with-pornography>
- <https://www.guardchild.com/statistics/>
- <https://www.guardchild.com/teenage-sexting-statistics/>
- <https://www.crossway.org/articles/social-media-is-discipling-you/>
- <https://childsafety.losangelescriminallawyer.pro/kids-and-sexting.html>
- <https://childsafety.losangelescriminallawyer.pro/children-and-revenge-porn.html>
- <https://childsafety.losangelescriminallawyer.pro/children-and-grooming-online-predators.html>