

# Parenting: Strengths and Love with an Emotional Focus

## Optional Curriculum: Internet Safety

### The Facts

- It's not IF a child will be exposed to porn, it's WHEN
- 73% of kids are exposed to pornography before age 18<sup>1</sup>
- Largest consumers of pornography are kids ages 12-17

### The Addictive Nature of Porn

Viewing porn = release of hormones and neurochemicals.

- Dopamine & Norepinephrine = neurochemicals related to mood and pleasure experiences.
- Oxytocin = Hormone related to feelings of connection.

Overtime, brain gets used to that release. This cycle requires harder and harder images to release more chemicals to get the same sensation/experience.

- Even other life experiences aren't as pleasurable. The pleasure and mood neurochemicals are affected across the entire spectrum of experiences.
- Feelings of connection to pornography and those in the images.

### Porn Destroys Marriage!

- Over 50% (56% to be exact) of divorce cases involve at least one party having obsessive interest in pornography.<sup>2</sup>
- Pornography is one of the most common extramarital affairs.

### Creating a Culture of Conversation and Accountability in the Home

- Filters alone don't work – with tablets, smartphones, laptops, game systems, and ever-expanding technology platforms, more is needed.
- Boundaries and building fences: Fences can provide an opportunity for more freedom, but in some cases it also increases the enticing nature of what's on the other side.
- Create the boundary of trust. Families should be safe places to turn in times of trouble. It's not "your" problem, it's "our" problem!
- Create a culture of accountability and open dialogue. The Christian life includes building virtue. That's only done in relationship.
- Track websites and social media visited.
- Websites visited should be part of conversation: Where are you going with your friends? Where are you going on the internet?

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<sup>1</sup> Covenant Eyes, "Unfiltered: Equipping Parents for an Ongoing Conversation about Internet Pornography" (Owosso, 2013).

<sup>2</sup> Jill Manning "Is the Internet Bad for Your Marriage? Online Affairs, Pornographic Sites Playing Greater Role in Divorces" (2002), press release from The Dilenschneider Group, Inc.