

Porn, Sex & CyberSpace:

What you Need to Know to Keep your Kids Safe

Presented By:
Daring Goodness

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Parent Control Apps:

- Bark - 30+ social networks/ parent alerts / algorithmic monitoring
- Qustodio - tracks calls and texts / sets healthy screen time/ blocks porn, gambling sites, location tracking
- WebWatcher- See all texts, deleted texts, call log hx, gps location, data scanned for risky behavior
- NetNanny - location tracker, screen time management, porn/apps blocked
- Family Time: location alert, if kid is driving over limit

Apple Phones - Parents Setting Content and Privacy Restrictions:

<https://support.apple.com/en-us/HT201304>

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APPS to be aware of:

- Tik Tok - can have inappropriate lingo / video
- SnapChat - turning settings off and being aware WHO you're chatting/ sharing with. Prevalence of inappropriate pics or bullying = prevalent
- Kik- popular with middle schoolers - easy platform for bullying.
- Tinder - not age app, but still can be used by clicking you're 'of age.' dating site that can often turn crude and can cater easily to one night stands - kids shouldn't be using and child predators can easily take advantage on this site
- Yubo - kids version of Tinder/ Whisper - platform for bullying

*Please note: Apps are constantly changing. As we learn of more, we will update our list.

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Some easy Apps to pass by parents

- Calculator + or Vault - used to store pics / videos that kids don't want anyone to see.
- Discord - chat site for gamers, can go inappropriate easily, if chatting with the wrong person.
- Ask.fm- another popular one amongst middle schoolers - asking ?s anonymously - can quickly become crass- rampant bullying

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Helpful Tip

- Important to talk to our kids about live - streaming chat apps that connect you with strangers. These can be focused on a topic, but you do not know who you are actually talking to. These apps are a hotbed for child predators saying they are someone they are not. Gaining trust of our kids and laying the groundwork for inappropriate conversations or (even scarier) meeting up.

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Acronyms

- 8 = Oral Sex
- 143 = I love you
- 182 = I hate you
- 420 = MJ
- 1174 = Nude club
- ASL = Age/sex/location
- FWB = Friends w/ benefits
- FYEO = For your eyes only
- GNOC = Get Naked on Cam
- GYPO = Get your pants off
- IWSN = I want sex now
- KPC = Keeping parents clueless
- LMIRL = Lets meet in real life
- MOS/POS = Mom over shoulder/ parent over shoulder
- P911 = Parent alert
- PIR = Parent in room
- RU/18 = Are you over 18

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Support Strategies for Porn Addiction

- Counseling
- Support group
- Minimalizing triggers: Where do they typically watch porn? Remove that trigger. Restrict / block access to apps and websites that host porn. Avoid alone time in their room with devices where temptation to access porn is great. Create a plan in ways to keep busy in a healthy way: join a rec team, pursue an interest in cooking, playing the guitar, running, etc.
- Minimize access to sites - place time restrictions on tablet, phone, etc.

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- SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
<https://www.samhsa.gov/find-help/national-helpline>
- The NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org
<https://www.nami.org/help>
- National Suicide Prevention Lifeline, 1-800-273-TALK (8255) or Live Online Chat If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

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- In a crisis? Text HOME to 741741 to connect with a Crisis Counselor. <https://www.crisistextline.org/>
- SAMHSA Treatment Referral Helpline, 1-877-SAMHSA7 (1-877-726-4727) Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST.
- ABOUT SAAs a fellowship of recovering addicts, Sex Addicts Anonymous offers a message of hope to anyone who suffers from sex addiction.
<https://saa-recovery.org/>

[Available Helplines for Sex Addiction](#)