

Internet Safety & Accountability

Awareness of What's Out There

- It's never been easier to access explicit material with just a few clicks online
- Pornography is often just one click away, often stumbled upon unintentionally
- Leaving your child or teen alone with the internet even for 30 seconds is leaving them alone with complete strangers

Vital Statistics of Pornography

- Pornography is a \$100 billion/yr industry (more than Microsoft, Google, Amazon, Ebay, Yahoo, Apple, Netflix, & Earthlink COMBINED!)
- Child pornography is a \$3 bil / yr industry (100,000 child porn websites worldwide)
- \$3,075.64 spent on porn / sec (4.2 million porn websites)
- 28,258 users viewing porn / sec (68 million daily porn search requests)
- Every 39 minutes a new porn video is produced in US
- 20% men admit to accessing porn at work
- 40 million U.S. adults admit to regularly visiting porn websites
- 47% Christians say pornography is a major problem in the home
- 10% adults admit to sexual addiction
- 72% male / 28% female porn viewer ratio

Keeping Children Safe (0-10)

- Limit Screen Time (computer, TV, cell phone, iPod, etc.)
- Monitor all print material entering home
- Monitor screen use, including email and texts
- Keep computer in a public area of the home, monitor children's use
- Never leave a child alone with the internet
- Place Parental controls on cell phones
- Teach children modesty in dress
- Teach them to respect their bodies and other people's bodies
- Know your children's friends, their parents, and what they are doing at friends' houses
- Teach your children to come talk to you if they see an image of an improperly clothed person
- Use a computer filtering service: CovenantEyes.com

Keeping Teens Safe (11-18)

- Keeping Teens Safe (11-18)
- Limit Screen Time (computer, TV, cell phone, iPod, etc.)
- Monitor screen use, including email, texts, and social media
- Keep home computers in a public area
- Never let a teen isolate with the internet (keep phones in public places, door open when doing homework in room, etc.)
- Develop trust so they feel safe coming to you if they encounter pornography, temptation, or sexual shame
- Make sure they develop a relationship of trust with the priests at their parish
- Teach teens that pornography is a highly addictive substance, similar to drugs & alcohol. Push past the awkward - they need to know you care!
- Teach teens to respect their bodies and other people's bodies
- Insist on modesty in dress. Help young women understand how their clothing affects men
- Know your teens' friends and their families
- Remind them, if necessary, that these are the rules of your house regarding internet and decency
- Use a computer filtering service: CovenantEyes.com

Keeping Yourself Safe

- How mature are you online? Do you have self-control or are you dominated by impulse (clicking, posting, shopping, 'liking', lusting)?
- Limit your own screen time. Don't isolate with the internet
- Keep computers, phones, TVs in public spaces, or keep doors open
- Be aware of the people you see, places you go, music you hear, videos you watch
- Respect your body - rest, eat, drink, exercise, and work healthily
- Respect others' bodies - see their personal values, not just their sexual values
- Integrate sexual desires with prayer, bring your sexuality to Mass!
- Dress modestly - beautifully, but not provocatively!
- Remain accountable to a spouse or friend for maintaining healthy online practices.
- Seek a priest or counselor for further help with pornography & masturbation (**Break the Silence!**)
- Use a computer filtering service: CovenantEyes.com

Covenant Eyes & Filtering

- Family Account
- Best value for families with kids in the home.
- All users get Internet Accountability, making it easy to see where each person went online.
- Add Filtering to any username at no extra cost.
- Costs \$14.99 per month, no matter if you have two kids or twenty (\$10.99 individual account)
- The Covenant Eyes Internet Filter looks at all websites visited in real time and rates them based on age-appropriateness. The person chosen as 'filter guardian' uses these ratings to block content based on six age-based Filter Sensitivity Levels and easily sets which pages are blocked and which are allowed.
- Parents can easily adjust the Filter's sensitivity as their kids grow older, meaning the Filter grows with them.
- Adults can have the Filter Guardian set the Filter to block only highly mature websites as an extra layer of protection, and can even ask for override rights.

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