

If they don't own the _____ button, then who does?

Challenge 1 – Pornography

How do you define pornography?

Form –

Function –

_____ of 13-17 year olds come across pornography online at least once a month.

_____ of 13-17 year olds seek out pornography online at least once a month.

_____ **males** not practicing Christian _____ practicing Christian (13-24)

_____ **females** not practicing Christian _____ practicing Christian (13-24)

5 ways pornography hurts

1. We lose _____, time, impact.
2. Increase our sexual _____ and _____ sexual satisfaction.

What is the Coolidge Effect?

3. Separates us from _____ – makes us _____ of people,
4. Increases our sense of _____ and victim thinking.
5. Reduces ways for God to work and for us to _____ Him.

The brain on porn

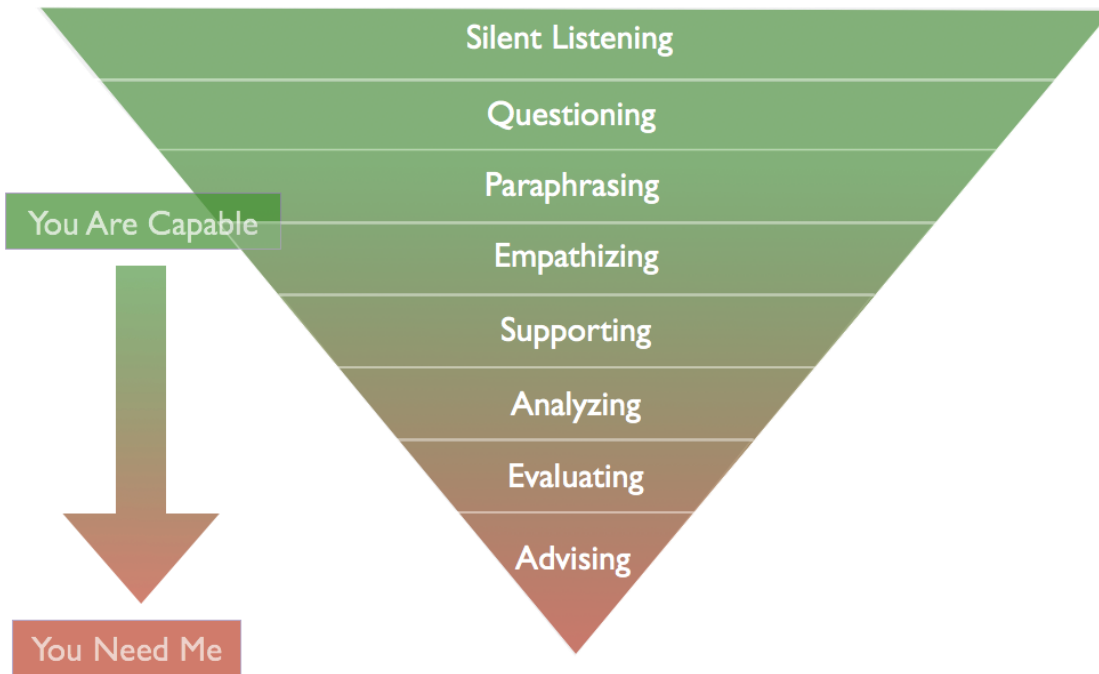
- Brain Stem
- Limbic System
- Frontal Lobe

Hooks that make it hard to reject addiction

- Secrecy
- Shame
- Ignorance about _____
- Ignorance about _____
- Fear of _____
- People pleasing, fear of _____
- Perfectionism
- Entitlement
- Hopelessness
- Loneliness

We need to be able to talk about _____ things.

LEVELS OF COMMUNICATION



Focus on the _____ –they drive us toward safety

What do the following encourage us to do?

Rules?

Values?

Buffers?

Teach in the context of _____

_____ of teens would change their behavior if they thought their parents were watching.

No _____ if off base

Basic Foundation:

- Internet in common areas
- **Accountability**/Filters
 - covenanteyes.com
 - xxxchurch.com
 - accountable2you.com
 - Circle by Disney
- Require passwords
- Monitor Activity

- Phones don't go everywhere
- Retain "Ownership" rights

Challenge 2 – Video Games

_____ are pathologically addicted.

_____ of youth say they are addicted.

_____ of youth say their friends are addicted.

Pluggedin.com – Content review of movies, video games and music

What aspect of video games makes it hard for your kid to quit?

- High Score
- Beating the game
- Role-playing
- Discovery
- Relationships
- No "end"
- Physiological – Dopamine

Three Losses:

1. Loss of _____
2. Loss of _____ - Video games are a conforming activity
3. Loss of _____.

Signs of addiction:

- Not _____ of hours.
- Lie about how _____.
- Try to stop but _____.
- Feed into other _____ issues.
- Disrupted life pattern.
- Can they get up and go do something else _____?

Who are you dealing with?

Wise listen to _____.

Foolish blame and _____ change.

Affirmations:

- Goal: Encourage _____ behaviors.
- Don't use _____ phrases like "good job."
- _____ versus end product.
- Say what you _____.
- Talk less, ask more _____.
- _____ to _____.
- Avoid _____.

Natural consequences:

Pro:

Con:

Logical Consequences:

Pro:

Con:

Challenge 3 – Social Media

Threats:

1. Identity Formation –

2. Increase Dissatisfaction –

3. People Pleasing –

4. Narcissism –

5. Cyber Bullying –

6 Steps Toward Recovery

Step 1 - Focus on _____

Step 2 - Focus on _____ over abstinence

Step 3 – Increase _____

- Edging
- Friction

Step 4 – Peruse your worst _____

Step 5 – Develop and _____ a plan.

Step 6 – Renew your _____.

Connect Further:

Download Slides/Access Book: Text “TechSafe” to 442224 or projectpatch.lpages.co/techsafe/

Web: projectpatch.org

Email: chuck@projectpatch.org

Phone: 360-690-8495

Blog/Podcast: todaysfamilyexperience.com

Facebook: facebook.com/projectpatch

Twitter: @projctpatch, @chuckhagele

Cheat Sheet

Challenge 1 Pornography – Off, 49%, 37%, 72%, 41%, 36\$, 13%, Focus, appetite, decreases, people, consumer, objects, powerlessness, experience, pleasure, overreaction, disappointing, difficult, values, relationships, 50%, question,

Challenge 2 Video Games – 9%, 23%, 44%, Time, Impact, Connection, #, much or long, Can’t, behavioral, Fun, words, procrastinate, repeating, “empty”, process, saw, questions, external, internal, labels

6 Steps Toward Recovery - Positive, recovery, resistance, fear, work, mind