

ESTEEM

Parent Night Information Packet



ESTEEM

Dear Educator,

The Esteem curriculum will take your students on an illuminating journey to help them develop the life skills needed to become successful, healthy adults. This valuable program is evidence-based, medically accurate, proven effective, and adheres to the Texas Health TEKS.



5th Ages 10-11



6th Ages 11-12



7th Ages 12-13



8th Ages 13-14



9th + 14 and up

THE ESTEEM JOURNEY

- Is a Facilitator Friendly Curriculum
- Promotes Risky Behavior Avoidance
- Develops Healthy Relationships
- Offers Education Components for Parent Involvement
- Contains Up to Date Family and Criminal Law Lessons
- Focuses on Academic and Career Goal Setting
- Uses Interactive Scenarios and Games

DESIGNED FOR

- Public Schools
- Community Organizations
- Church Youth Groups
- Non-Profits and Social Services for High-Risk Youth
- Pregnancy Resource Centers



(903) 758-2762
esteemjourney.com

Each 100-page workbook acts as an interactive personal journal to help students work through important life decisions. Parent/Guardian worksheets are sent home with every lesson or can be downloaded from the website.

Why choose the ESTEEM Curriculum?

Esteem has been developed with over 18 years of research and has proven effective in encouraging students to think about the impact of their choices. Through character development, adolescent safety, and sexual risk avoidance lessons, it also helps to improve student awareness of the importance of making healthy decisions. The more teens are aware of the dangers and consequences of risky behaviors, the more prepared they will be to avoid such situations.

Topics include:

Lesson 1: Goal setting for improved academic outcomes / Career planning

Lesson 2: How to navigate positive and negative media influences

Lesson 3: Puberty and human development / True cost of teen pregnancy / Understanding Fatherhood

Lesson 4: Explanation of the major STD's / Benefits of waiting / Character counts

Lesson 5: Legal consequences of cyberbullying, sexting, human trafficking / Child support / Family & criminal laws

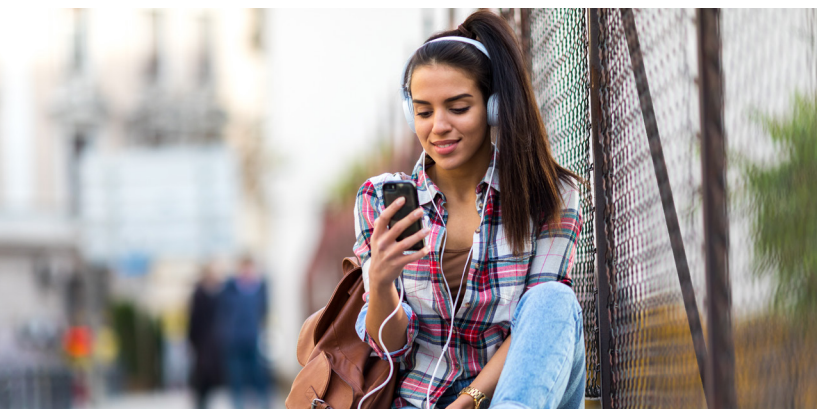
Lesson 6: Dangers of drug, alcohol, and tobacco use / Brain development

Lesson 7: Peer pressure and refusal skills / Bullying / Depression, suicide, and self-harm

Lesson 8: Communication skills / Problem solving steps / Increasing emotional intelligence / Time-out steps

Lesson 9: Real friendships / Gangs and cliques / Dating standards / Renewed abstinence / Abusive relationships

Lesson 10: Reviewing goals / Self-discipline / Having a growth mindset / True love, commitment, and healthy marriage



ESTEEM consists of optimal health messages created by a coalition of dedicated people, including science teachers, coaches, counselors, nurses, doctors, SHAC members, topic experts, parents and even students. Health is not just the absence of disease, it is complete physical, mental and social wellbeing in order for students to focus on their academic and personal goals.

The ESTEEM curriculum may be particularly useful for schools in Texas serving students from diverse backgrounds. Positive changes were most noticeable for the African American and Hispanic students using ESTEEM.

Creative Education, 2011. Vol.2, No.3, 193-198, Copyright © 2011 SciRes. DOI:10.4236/ce.2011.23027,

ESTEEM and FACTS: Creative Ways to Teach Healthy Lifestyles to Youth from Diverse Backgrounds

Tary J. Tobin - College of Education, University of Oregon Eugene, Eugene, USA. Email: ttobin@uoregon.edu, Received June 8th, 2011; revised June 27th, 2011; accepted July 7th, 2011.

Success Sequence: If youth adopt these behaviors, in sequence, they risk only a 3% chance of living in poverty as adults: 1) Graduate, 2) Work full-time, and 3) Marry before having children.

"Only 9% of young men and women from lower-income families who follow the sequence are poor in their late twenties and early thirties compared to 31% who do not follow this sequence." - Murray, C. (1984). Losing Ground: American Social Policy, 1950-1980. NY: Basic Books; Wang, W., Wilcox, B., (2017). The Millennial Success Sequence. Washington, DC: American Enterprise Institute; Wang, W., Wilcox, B., (2017). Marriage Matters. Washington, DC: American Enterprise Institute.

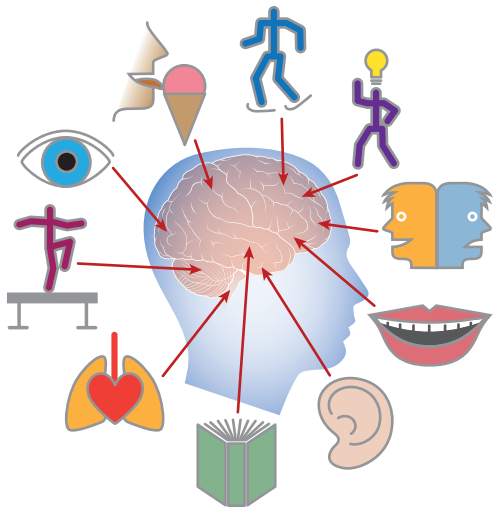
Teachers who are certified to deliver the ESTEEM program help youth make important decisions in relationships and life by encouraging well-being through primary prevention strategies. In addition, areas in the program related to abuse, neglect, violence, loss, grief, trauma, and suicide may directly affect some students in the classroom. Through the training process we equip the teacher to recognize signs of discomfort with instruction in these areas, students will be referred to the appropriate resource, identified ahead of the implementation, for additional help and support.

**To find out more and preview the workbooks, visit EsteemJourney.com
or contact Tonya@EsteemJourney.com | (903) 758-2762**



Understanding Brain Development

How the choices we make change our brain and make us who we are

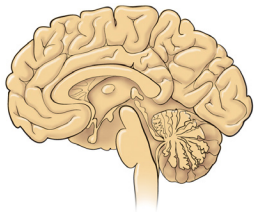


Our brain is the most amazing “computer” that has ever been created. It has billions of neurons that make connections and control hundreds of body functions—including everything we think, feel, say, or do—all at the same time! Forty percent of our neurons are “wired” or connected at birth. The other 60 percent are waiting to be wired by our learning and experiences. Everything we think, say, or do causes new neural growth which changes our brain structure. This means that teens can direct the development of their own brains. The ages between 12–25 is a critical time of brain development. Important connections are being made that link brain areas together, helping us become smarter and make better decisions. Alcohol suppresses brain activity, harming its development. It is essential to protect it from alcohol and drugs during this critical “wiring” period.

“Teens, through their choices and actions, have the power to direct the development of their own brains....[They are] laying the neural foundations that will serve them for the rest of their lives.”

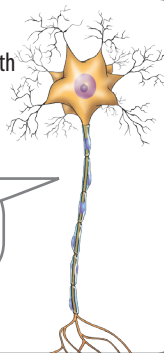
– Dr. Jay Giedd, MD, Chief of Brain Imaging, National Institutes of Mental Health (NIMH)

Your amazing brain has over 100 billion neurons that communicate with each other—and the rest of your body!

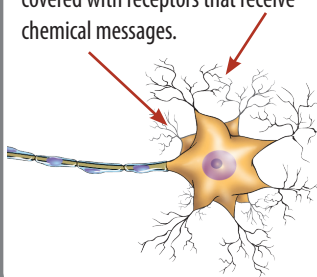


A neuron looks a little like a tree, with branches, a trunk, and roots.

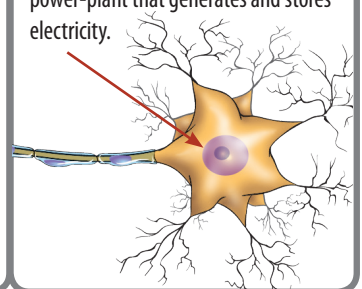
Hi! I'm a neuron.



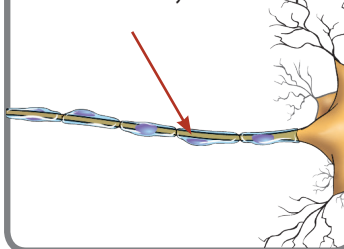
The branches, called Dendrites, are covered with receptors that receive chemical messages.



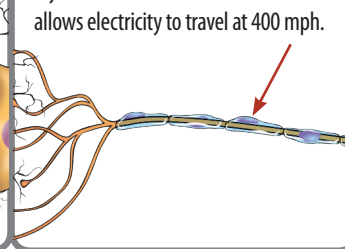
They surround the Soma, a tiny power-plant that generates and stores electricity.



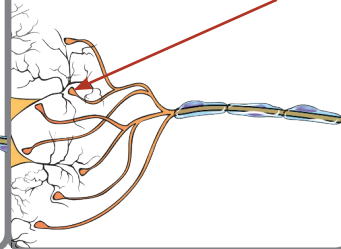
The Axon, or trunk, carries electrical signals from the power-plant to the roots. The electricity travels 200 mph!



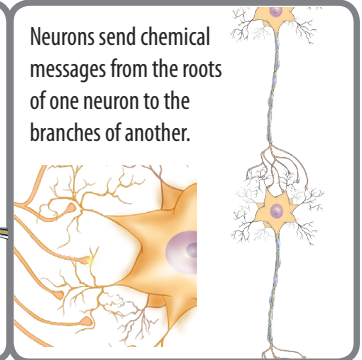
As our brain develops it covers the axons with a white waxy coating called the Myelin Sheath or “White Matter.” This allows electricity to travel at 400 mph.



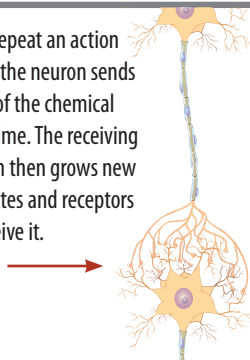
At the tip of each root is a tiny pouch that stores powerful brain chemicals called neurotransmitters.



Neurons send chemical messages from the roots of one neuron to the branches of another.

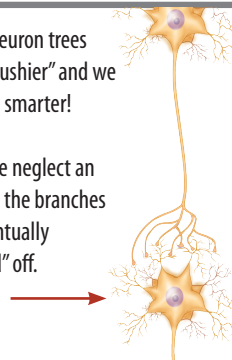


If we repeat an action often, the neuron sends more of the chemical each time. The receiving neuron then grows new dendrites and receptors to receive it.



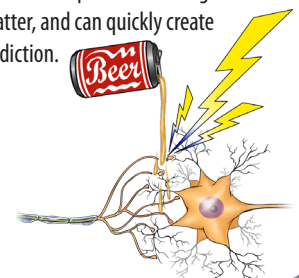
Those neuron trees grow “bushier” and we become smarter!

But if we neglect an activity, the branches are eventually “pruned” off.



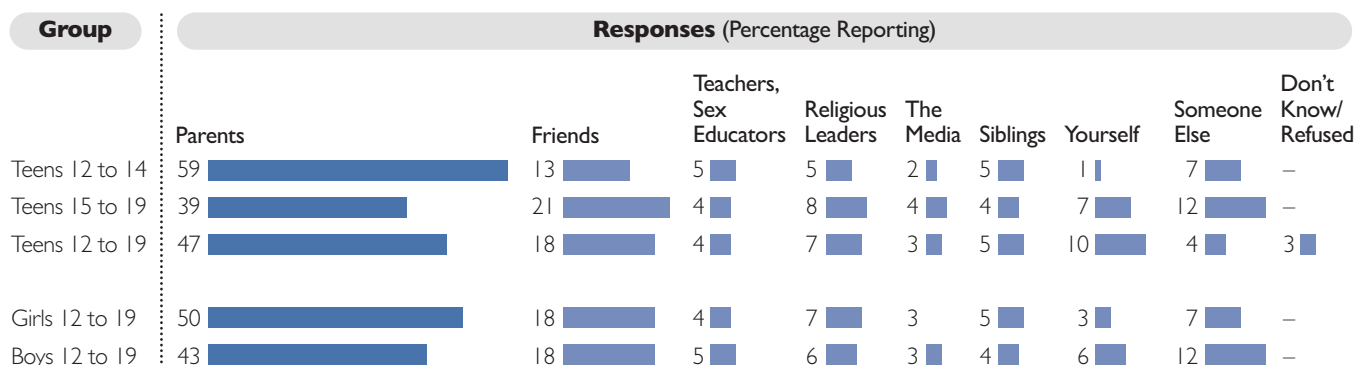
What we chose to learn, do and say becomes “wired” into the physical structure of our brain! The more we study and learn, the smarter our brain grows—not just in that one area—but smarter over-all! With a little effort and practice, we can change our brain for the better, which changes our habits, and improves our life.

Alcohol before age 21 slows down brain development. It damages White Matter, and can quickly create addiction.



Parents Remain Influential Regarding Teens' Decisions About Sex

When asked, "When it comes to your decisions about sex, who is the most influential?" about half of high schoolers surveyed indicated their parents. Older teens were more likely to be influenced by their friends.



Note: The percentages, as reported in "With One Voice 2007," do not total 100 percent.

Source: Bill Albert, "With One Voice 2007: America's Adults and Teens Sound Off About Teen Pregnancy," The National Campaign to Prevent Teen Pregnancy, February 2007, pp. 7–8, at http://www.thenationalcampaign.org/resources/pdf/pubs/WOV2007_fulltext.pdf (September 1, 2008).

Chart 2 • B 2194 heritage.org

assumptions faulty, they tend to disregard important factors that have been linked to reduced teen sexual activity. A particularly noticeable omission is parental influence.

Parents, as teens themselves reveal, are the ones who have the most influence on their children's decisions about sex. Indeed, two-thirds of all teens share their parents' values on this topic.

When it comes to talking about teen sex, both teens and parents report high levels of communication. Parents, however, tend to perceive a greater level of communication than do teens. Nearly all parents (90 percent) report having had a helpful conversation about delaying sex and avoiding pregnancy with their teenage children, compared to 71 percent of teens who report having had such a conversation with their parents.¹⁰ Many parents are also unaware of their teens' actual behavior. In a study of 700 teens in Philadelphia, 58 percent of the teens reported being sexually active, while only one-third of their mothers believed they were.¹¹

The empirical evidence on the association between parental influences and adolescents' sexual behavior is strong. Parental factors that appear to offer strong protection against the onset of early sexual activity include an intact family structure; parents' disapproval of adolescent sex; teens' sense of belonging to and satisfaction with their families; parental monitoring; and, to a lesser extent, parent-child communication about teen sex and its consequences.

That parents play a role in teen sex points to at least two significant policy implications. First, programs and policies that seek to delay sexual activity or to prevent teen pregnancy or STDs should encourage and strengthen family structure and parental involvement. Doing so may increase these efforts' overall effectiveness. Conversely, programs and policies that implicitly or explicitly discourage parental involvement, such as dispensing contraceptives to adolescents without parental consent or notice, contradict the weight of social science evidence and may prove to be counterproductive and potentially harmful to teens.

10. *Ibid.*, pp. 11–12.

11. James Jaccard, Patricia J. Dittus, and Vivian V. Gordon, "Parent-Adolescent Congruency in Reports of Adolescent Sexual Behavior and in Communications About Sexual Behavior," *Child Development*, Vol. 69, No. 1 (February 1998), pp. 247–261.

100 Things Teens Can Do During the Summer

1. Invent a new type of pizza.
2. Make a music video.
3. Grow a tomato or sunflower plant.
4. Walk barefoot through the grass.
5. Build a sandcastle.
6. Have a paint-t-shirt relay race.
7. Picnic at a local park.
8. Make the best ice cream sandwich ever.
9. Have a movie marathon.
10. Play Frisbee golf.
11. Have a car wash to fundraise for a club or charity.
12. Grab a blanket, spread it out in the grass and cloud watch.
13. Make a card for a friend.
14. Bike five miles.
15. Catch lightning bugs.
16. Eat the Best Banana Split ever.
17. Take a nap under a shade tree.
18. Go swimming.
19. Have a pool party.
20. Play with water balloons.
21. Make a summer tote bag out of a recycled tank top.
22. Make a mud bath out in the back yard.
23. Sketch a flower that is growing in your yard.
24. Bury a friend in the sand.
25. Babysit and make paper airplanes.
26. Volunteer in a community effort.
27. Go fishing.
28. Lay in your backyard, and draw the stars.
29. Create a photo journal.
30. Hike a rail trail.
31. Visit the local library and sign up for the summer reading list. You could win something.
32. Swap a favorite book with a friend and read it.
33. Make a friendship bracelet and send it to your friend.
34. Write a poem
35. Write a song.
36. Write a play.
37. Start your novel.
38. Make a website.
39. Give your Facebook page a summery look.
40. Friend someone famous on Facebook page.
41. Have an outdoor basketball free-throw contest.
42. Have a watermelon seed-spitting contest.
43. Sketch your pet.
44. Make smoothies.
45. Make 3 different kind of fruit punch.
46. Help plan the family vacation.
47. Make a root beer float.
48. Write in your journal, "My Top Ten Favorite Summertime Activities".
49. Make toe ring.
50. Paint your toenails.
51. Make a barefoot sandal.

52. Make Hawaiian Pizza for your family dinner.
53. Paint your fingernails with bright sparkly polish.
54. Watch the sunrise.
55. Watch the sunset.
56. Get your community's events list for the summer and attend an event.
57. Have a summer clothes fashion show.
58. Create a summer safety poster for the local library.
59. Volunteer to read to children at the library.
60. Learn to grill a hot dog.
61. Learn to grill a hamburger.
62. Learn to make pizza crust.
63. Eat some fruit with fruit dip.
64. Make a collage out of old magazines.
65. Swing.
66. Skip stones at a lake.
67. Surf/boogie board at the beach.
68. Get a new hairdo.
69. Change something about how you wear your make-up.
70. Decide to pick up one good habit, then pick which one you'll do.
71. Make your own popsicles.
72. Watch last year's hot summer flick.
73. Go to this year's hot summer flick.
74. Make a list of your favorite summertime movies in your journal.
75. Make a summer sun shaped collage out of summer fashion magazines.
76. Make a leaf t-shirt.
77. Make an earring holder out of a branch.
78. Make peach lemonade.
79. Make a CD of your favorite summertime songs.
80. Enjoy a board game marathon on your backyard picnic table or on your back porch.
81. Have a scavenger hunt.
82. Make some summer jewelry.
83. Change something in or add something to your room. (You could clean it too.)
84. Give your dog/pet a bath outside.
85. Take your dog/pet for a walk.
86. Run through a sprinkler.
87. Make a whirlpool in a kids pool or play Ice Cubes and Piggies Game.
88. Visit a flower garden and/or butterfly house.
89. Grow some lavender so you can make your own potpourri.
90. Turn up the music and dance.
91. Go stargazing.
92. Sleep until noon – once.
93. Tie-dye your bed sheets.
94. See some fireworks.
95. See a local baseball game.
96. Play mini-golf.
97. Learn how to hula-hoop.
98. Create a sidewalk mural with chalk, use a tropical theme.
99. Organize your summer sandals and flip-flops.
100. Visit a college.

10 Things You Should Know When Talking to Your Child about Sex

1. Fight the fear

It's safe to say this is not something a parent will relish talking about with their children. The mere thought of sex and your child in the same conversation strikes fear in heart of a parent. Fight that fear! As scary as the topic might be, it is more frightening to think of the possible consequences of not having this discussion.

2. Research

Sex itself does not change. Nothing new has been invented. However, the language of sex is always evolving. Every generation has their own buzz words and phrases. It would benefit you to become familiar with these terms. Use the internet to research. The more you understand what your child is exposed to, the better you will be able to explain the meaning.

3. Avoid negativity

Talking about sex is a difficult subject for you and your child. It is too easy in our efforts to protect our children to come across as putting sex in a negative light; however that wouldn't be healthy for the development of your child. Emphasize the importance of when, why and with whom sex should occur. Make sure to explain that in its proper setting, marriage, sex is a wonderful and beautiful expression of love.

4. Don't patronize

Your child may already know some of what you are going to be talking about. In this age of information, your children most likely have been bombarded by sexual images and messages. Kids talk about it with their friends, and often at an early age. *Talking down* to your children will only make them roll their eyes and tune you out. Your job here is to give the *right* information on sex and speak to them as a young man or lady.

5. Be vulnerable

As with other issues in parenting, what you did as a child or teen may or may not be what want your child to do. At the appropriate time and age, you may want to share the good choices you made in this area or any mistakes you may have made and consequences you suffered as a result. Sharing details with your child is probably not a good idea.

6. Faith

Most religions encourage sexual purity before marriage. If you are a family of faith, your child will have this benefit on their side. There is a growing abstinence before marriage movement in our country, especially within many churches. Teach your child to honor God with their body and to stay sexually pure for their future husband or wife.

7. Emotions

If your child is in the public school system, they may have had a sexual health class by the time you have these conversations. Nonetheless, you should cover that ground as well so that your values are instilled in your children. Additionally, you'll want to discuss with your child the negative emotional consequences of pre-marital sex as they usually are not addressed in school. When asked in a survey, one woman responded "I wish someone would have explained to me the emotional impact of these things. At 13, 14, 15, you just have no idea!"

8. The risks

When you talk with your child, it's vitally important that you explain the risks involved in having sex outside of marriage. Sexually transmitted diseases (STD's) are increasingly prevalent and often have severe consequences. Unwanted teen births are occurring every second. Your child must know the possible ramifications of reckless behavior. Paint the unpleasant scenarios that can become reality for them if they make unwise choices.

9. Peer pressure

Most children will face significant peer pressure at school, either directly or indirectly. Give your child the support and foundation they require to deal with it. Give them the strength to stand up for what they believe. Make sure your children understand their infinite value and the importance of keeping themselves pure until marriage. In a book on this subject, a 17-year-old girl stood up in front of her peers and declared that she was a virgin. When the laughs hurled her way, she replied "I can be like you in seconds, but none of you can be like me ever again." That is courage.

10. Constant communication

You and your child shouldn't have just one talk about sex and never mention it again. In our hyper-sexualized society, you and your child will probably be exposed to the content of your discussion on a regular basis. Use that to your advantage. It doesn't always have to be heavy conversation. Humor is a great teacher and puts everyone at ease. When the 16-year-old on Nick Teen is pregnant, quip to your daughter, "Aren't you glad you're not *that* girl?" It works.



Banishing Communication Boulders

a) Delete the “Dirty Dozen” that block love and understanding



Good communication between family members—where we feel valued, respected and understood—is one of life’s great joys. But often Communication Boulders—what we say or how we say it—builds a wall between us and those we love and blocks effective communication. Remove these boulders from your conversations and you’ll see an immediate increase in family happiness. Becoming aware is the first step. Make it a family game to notice and name these boulders whenever they roll off of someone’s tongue. Soon they’ll disappear.

1. Sarcasm

Cutting humor that insults a person’s ideas, efforts, or intelligence damages a family member’s sense of self and desire to bond. Make a “stop-the-sarcasm” commitment and keep it.

2. Put-Downs

Remarks that mock or put a person down are disrespectful and hinder family bonding. Choose words that build.

3. Crabby-Voice

Cross or angry voice tones cause people to withdraw emotionally, and we get less cooperation. We control our voice tones and can speak calmly and respectfully if we practice. Always use a soft voice when addressing hard issues.

4. Slash and Burn

Yelling, name-calling, insults, or swearing are aggressive and abusive. They render us emotionally unsafe and we lose the love we seek. They have no place in family conversations. Choose to be assertive instead of aggressive.

5. Hostile Criticism

Hostile, insensitive, or harsh criticism demoralizes instead of builds and rarely gets positive results. Avoid these by using the steps in the “How to Give Positive Criticism” handout from Lesson 7.



6. Always-Never

Speaking in absolutes is insulting and usually inaccurate, as there are almost always exceptions. Leave those words out.

7. Blame-Game

Blaming others creates negative feelings and sets people against each other instead of working together. The goal is to fix the problem, not place blame or fight over who is at fault.

8. Mind-Reading

Implying you know a person’s thoughts (“You care more about sports than me”) is judgmental. Ask questions to seek understanding and use “LUV-Listening” and “I-Messages” instead of making assertions.

9. Flooding

Extra-long comments overwhelm kids and come across as lecturing or nagging. Be brief and to the point, and then ask for feedback—or kids will tune you out.

10. Stonewalling

Stonewalling means refusing to admit or acknowledge a concern when someone brings it up. Denying there is a problem, accusing the other person of a fault to deflect attention from your mistakes, or refusing to see a need for change hinders family bonding. Listen to, acknowledge your part in the problem, and seek solutions to others’ concerns.

11. Take Offense

When we feel blamed or misunderstood, we often take offense and our voice tones become defensive, which puts a fence between us and the person we are talking to. If you start to feel defensive, stop yourself. Take a deep breath. Check your tone of voice; and then ask polite questions and use “LUV-Listening” to better understand their view. Or, make assertive “I-Messages” to keep communication going. If things get hostile, take a break and jointly set a time to revisit the issue when you both feel calm.

12. Dumping

Bringing up all the old arguments and injuries is a sure-fire way to kill constructive communication. Stick to the issue at hand. If you have hurtful issues that continue to surface because they haven’t been resolved, make an appointment to discuss the troubling issues with the person using the Listening Stick, Safe and Cool Scripts, and Problem Solving and Negotiation skills (Lesson 5). Then put them to rest.

13 Apps that make it harder for your kids to be sneaky online

If you've got a tween or a teen, chances are he or she has a smartphone ... or a tablet, or a laptop, or all of the above. Chances also are that your tween or teen is on his or her device of choice pretty much 24/7 -- doing, well, who knows what exactly?! We'd all like to think we know what our kids are doing on their phones or computers, but the truth is we can't keep watch on them all the time ... or can we?

Whether you're worried about cyberbullying, sexting, inappropriate content, or just the sheer amount of time your child is spending on social media or playing games, there's a wide variety of apps on the market designed to help keep parents in the loop -- and keep kids safe. Some of them are even free!

DinnerTime Plus

If nothing drives you crazier than the sight of kids on their phones during family meals, you'll love this one: DinnerTime Plus (for tablets and smartphones) reminds kids to occasionally tear themselves away from their screens for dinner, homework, naps, and, you know, life; it also lets parents see what apps their kids have been using and block them if need be. (Free, play.google.com)

TeenSafe

Created "by parents, for parents," TeenSafe is a subscription service that lets parents view their kids' calls, texts, web history, contacts, and more; it also allows you to pause activity (during times like dinner or when your teen will be driving) and block apps and in-app purchases. Compatible with iPhones, Androids, iPads, and iPod touch. (\$14.95 per month after a seven-day free trial; teensafe.com)

Screen Time Labs

If you find it hard to actually have a productive conversation with your kid about screen time, Screen Time Labs turns negotiations into a sort of game between parents and children: Kids can request extra time with their iPhone, iPad, or Android in exchange for doing chores or other good deeds, while grown-ups can block phone access on demand, set "no phone time" schedules (during home time, for example), and manage a number of devices through one centralized interface. Recommended for ages 7 through 14. (Free, screentimelabs.com)

WebWatcher

Whether you're worried about what your kid is up to on Facebook, email, text, or even (God forbid) Tinder, WebWatcher gives you a way to record and monitor pretty much everything, even deleted messages. Available for Mac, Windows, iPhone, and Android. (\$99.95, webwatcher.com)

PocketGuardian

We all want to know what our kids are doing on their phones, but some of us are uncomfortable with the idea of completely invading their privacy. Enter PocketGuardian, which sends parents alerts when content involving sexting or cyberbullying is sent or received -- but doesn't show you the actual content or tell you where it came from (meaning that yes, you'll have to have a conversation about it!). (Plans are either \$9.99 per month or \$12.99 per month after a 30-day free trial; gopocketguardian.com)

Net Nanny

If you have nightmares about what your kid might be googling, Net Nanny "allows the good, keeps out the bad" by letting you block pornography and other questionable content (as well as monitor social media activity and overall usage). (Prices range from \$39.99 to \$89.99 and vary depending on plan and device; netnanny.com)

Limitly

If the sheer number of potentially problematic apps on your kid's phone is stressing you out, Limitly will help you to view, restrict, and schedule the usage of acceptable apps -- as well as flat-out block the use of unacceptable options. For Android only. (Free, play.google.com)

Bark

Using a "watchdog engine" (that's why it's called "Bark" -- get it?), this service alerts parents when your kid's Internet activity includes potential issues involving cyberbullying, sexting, drugs, or depression/suicide -- and even offers tips on how to deal with the situation. (\$9, bark.us)

Trackidz

The biggest perk of your kids' having a smartphone is that you can get in touch with them at all times -- but that still doesn't mean you know where they are, necessarily. In addition to giving parents a way to block apps and monitor usage, Trackidz also sends an alert whenever kids leave or enter the "Geo Fence" and features an "Emergency Message" tool that allows kids to send parents an alert when they can't call or text that will let them know their whereabouts. (Free for the first 15 days, monthly subscriptions range from \$1 to \$10 after that; trackidz.com)

VISR

Scrolling through your kid's multiple social media accounts with a fine tooth comb can be frustrating and time-consuming (and potentially invasive). VISR aims to take the grunt work (and the guess work) out of monitoring online activity by tracking a variety of categories (bullying, sexting, drug use) and notifying you only about the important stuff. (Free for now, will be \$5 per month; visr.co)

SecureTeen

The aptly titled SecureTeen has all the Internet safety bells and whistles you could ask for: social media monitoring, app and content blocking, message logging, location tracking, and more -- for Android, iOS, and computers. (\$39.99 per year for three devices; secureteen.com)

ParentKit

Control the kind of content your kid sees (and how frequently) with ParentKit, which allows you to set up both controls and schedules for your child's iPhone, iPad, or iPod from your own device. (First month free, \$24.99 for six months, \$39.99 for 12 months; itunes.apple.com)

Curbi

Concerned about if your tween or teen is sending racy selfies? Curbi gives parents a way to restrict camera access on phones (as well as Internet usage and those pesky in-app purchases!). (Basic plan free, upgrades range from \$2.99 to \$3.99 per month; play.google.com)

40 Phrases That Praise

Putting deposits in your kid's "emotional bank account"



Say these phrases aloud on your own so that they will come to mind, and feel natural, as you seek opportunities to use them. Actively look for the good in all family members and give sincere compliments—especially to those who annoy you the most. Praise even their attempts at good behavior. You'll feel happier, and so will they. Only after people feel loved and accepted can they begin to change.

REINFORCING* COMPLIMENTS

- 1 I'm proud of you for...
- 2 Thanks for trying so hard on...
- 3 I'm pleased the way you...
- 4 How thoughtful of you to...
- 5 You've made real progress on...
- 6 You did a good job on...
- 7 Keep up the good work on...
- 8 You are a natural at...
- 9 I like it when you...
- 10 That was a really good try at...
- 11 That's a great improvement on...
- 12 I'm pleased you...
- 13 I appreciate you being...
(so thoughtful, honest, persistent, kind, etc.)
- 14 You showed a lot of creativity at...
- 15 I'm impressed with the way you...
- 16 Thanks for being so...
(responsible, organized, etc.)



EXPRESSING LOVE

- 17 I love you.
- 18 We make a great team.
- 19 I have fun with you.
- 20 I'm glad you're my son/daughter, husband/wife.
- 21 I enjoy spending time with you.
- 22 I'm glad you called.
- 23 If you're concerned / sad / hurting, I'm here to listen; help me understand.
- 24 You mean a lot to me.
- 25 You're right.

POSITIVE AFFIRMATIONS

- 26 Well done!
- 27 I like to hear your ideas.
- 28 Excellent work!
- 29 What a great job!
- 30 That's a good point. Thanks for sharing.
- 31 I'm sure you can do it; you've done hard things before.
(Or: I knew you could do it.)
- 32 Thanks for doing what I asked.
- 33 I couldn't have done it without you.
- 34 Wow! Cool! Way to go!
- 35 That's great! Give me five!
- 36 I like the way you're working!
- 37 You're on the right track.
- 38 Good thinking!
- 39 You're a great helper.
- 40 That's a great idea!

* Reinforcing Compliments: 1. Be immediate 2. Express delight 3. Describe behavior 4. Tell a benefit 5. Add a touch

Family Conversation Jar

Encourage family talks with this fun and insightful activity



Having conversations with your kids is an effective way to help prevent underage drinking. The following activity can help. Cut out the questions found below, place in a jar, and put it in the center of the dinner table. During the family meal, take turns drawing questions from the jar. Some questions are specifically for parents to answer (marked on the side with a "P"), but make sure everyone gets a chance to answer each of the other questions.



Family Fun: Have your kids decorate a jar. The following items can be helpful:

- Colored paper, cloth, or paint
- Family photos
- Pictures cut out from magazines
- Ribbon, string, raffia, straw, cotton balls, etc.
- Glue, tape, scissors, markers

Questions for Parents:

What beliefs give you strength?
What was your first job? Did you like it?
Did you have any pets growing up? If so, tell me about them.
What was one thing your parents made you do that you hated?
What kind of food did you hate as a kid but love now?
Why is being honest so important to building a stable society?
What was your least favorite subject in school? What was your favorite?
When you were my age, what did you want to be when you grew up?
What was one thing you did when you were a kid that made you the happiest?
What was one thing you did when you were a kid that made your parents proud of you?
Did you take family vacations when you were a kid? Where did you go? How did you get there?
Who was your best friend growing up? Tell us one of your favorite stories about things you did together.

Questions for Everyone:

If you could have anything for dinner, what would you have?	What do you like best about life?	Who is your best friend and why?
What is your favorite place in the world and why?	Tell us about your favorite memory.	What could you do to make the world a better place?
If you could be on any television show, what would it be?	Tell us one thing that is really important to you.	If you could have any animal as a pet, what would it be?
What is the best present you've ever received?	Tell us one thing that is nice about yourself.	If you could pick a new first name, what would it be?
If you could live anywhere in the world, where would you live and why?	Tell us about something that makes you laugh.	What was the very best thing that happened to you today?
If you had three wishes, what would they be?	Tell us whom you admire most and why.	If you could add one item to your bedroom, what would it be?
What would you do if you were President?	What was the hardest choice you ever made?	If you could visit any city, where would you visit?
If you won a million dollars, what would you do with it?	Tell us one way you want to improve your life.	Why is driving drunk so costly and harmful to society?
If you could have any job, what job would it be and why do you think you would like it?	What holds you back from doing what you really want to do?	If you could be any animal, what animal would you be?
If you could invite three famous people (present or past) to dinner, who would they be and why?	What is one thing you could do to help our family?	If you had to leave the earth on a space ship and take 4 friends with you, who would you take?
What is the one thing you think should be invented to make your life easier or more enjoyable?	Tell us what things make you feel loved.	If you were allowed to stop doing one chore around the house, what would it be?
If you could go anywhere for your next vacation, where would you go and what would you do?	(Fill in the blank) When I feel sad, I need	How can using drugs or alcohol underage limit your possibilities?

How Family Dinners Improve Students' Grades

by Ann Dolin, M.Ed.

Believe it or not, your family's eating habits can have a profound effect on your child's academic success. The routine of preparing and sharing meals regularly creates a sense of family togetherness and unity. Though the hustle and bustle of everyday life can get in the way, it's important to carve out time specifically to sit down together around the table. Students who eat dinner with their families often are more likely to:

Do well in school (40% more likely to earn As and Bs in school)

Be emotionally content and have lower levels of stress

Have positive peer relationships and healthier eating habits

Refrain from smoking, drinking, and doing drugs

Believe their parents are proud of them

This time together has additional well-documented benefits that include:

Improved Achievement Test Scores — A University of Illinois study of 120 boys and girls ages 7 to 11 found that children who did well on standard achievement tests were those that had consistent quality meal time with their families.

Improved Vocabulary and Reading Skills — A study by Dr. Catherine Snow at Harvard's Graduate School showed that mealtime conversations teach children more vocabulary than when parents read to them. She followed 65 families for 15 years looking at how mealtime conversations played a critical role in language acquisition leading to improved vocabularies and better readers.

Greater Academic Achievement — A Reader's Digest survey of more than 2,000 parents compared academic achievement with family characteristics. Surprisingly, eating meals together was a stronger predictor of academic success than whether the children lived with one or two parents.

Higher Grades — Researchers at Columbia University found a striking relationship between frequency of meal times and grades. Teens who have fewer than three family dinners in a typical week are more than twice as likely to do poorly in school. Twenty percent of teens who have infrequent family dinners (three or four per week) report receiving mostly Cs or below in school, whereas only nine percent of teens who have frequent family dinners (five to seven per week) report receiving mostly Cs or lower.

Like anything else, eating dinners together does take practice. The less often a family meets to share a meal, the worse the experience is bound to be. So, plan on as many meals together as possible, even if you serve take out or only have a limited time available. Some things you might want to consider when getting ready are:

Turn off the TV. It prohibits meaningful conversation.

Use dinnertime to tell your child why he or she is a great kid.

Focus on the positives during dinners.

Refrain from discussing shortcomings or unfulfilled responsibilities.

Remember, family dinners are less about the food served and more about the time spent together. Use this time to talk and reconnect. Invite conversation. Ask open-ended questions and really listen to one another. Encourage your child to invite their friends to join in family meals. It is the simple act of being together that tends to increase a sense of security with children, not the elaborate makings of the meal.

Planning for Family Dinners

Make mealtime fun, healthy, and easy



Pleasant family dinners are a good way to share values and help kids bond with family. A little advanced planning will make dinner time easy. Fill out this menu with favorite, brain-healthy meals and repeat them every 30 days. Pre-teach table manners and make mealtime pleasant by complimenting those who use them; don't allow criticism at the dinner table. Use a Conversation Jar, and share kind deeds you've done.

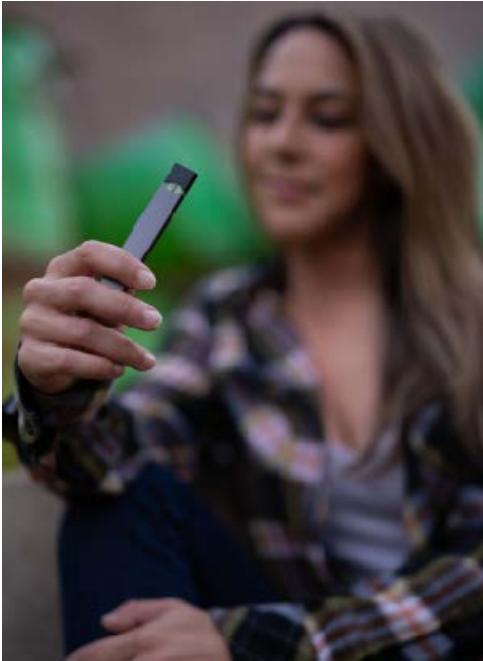
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____
Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____
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FOODS THAT PROMOTE BRAIN HEALTH

This list of food will help your family have healthy bodies and brain. Watch out for common food allergies, such as eggs, dairy, gluten, nuts, etc. The brain must have healthy, nutritious food with plenty of vitamins, minerals, and micro-nutrients found in whole foods to operate properly. Plus, there are millions of microbes in our guts that help us process food. They need good nutrition to survive.

- Eat whole grains, not refined flours
- Eat leafy green vegetables every day
- Use frozen vegetables, if fresh is too expensive
- Eat fresh fruit every day (oranges, apples, bananas, blueberries, etc.)
- Eat low-fat cottage cheese as a good source of protein
- Eat eggs often (good for all meals)
- Eat all kinds of beans (dry is cheaper)
- Eat fish weekly (tuna is cheap) or take fish oil capsules
- Drink water or fat-free milk, not soda
- Use healthy spices: cinnamon, curry, garlic, sage, and turmeric
- Eat all kinds of nuts
- Eat red or white potatoes with the skins on, or sweet potatoes

E-Cigarettes



Electronic cigarettes (e-cigarettes) entered the U.S. Market place around 2007. Since 2014, they have been the most commonly used tobacco product among youth. In 2018, e-cigarette use (referred to as ‘vaping’) reached **epidemic** levels.

What are e-cigarettes?

E-cigarettes are tobacco products. Some resemble regular cigarettes, cigars, pipes and some have a modern, sleek design and look like writing pens or USB sticks. The products are commonly known as ENDS – electronic nicotine delivery system(s).

Other common names:

- Mods
- Hookah pens
- Vape sticks
- Personal vaporizers (PV)
- Tank systems
- Smoke Juice

Whether it’s an e-cigarette, vape pen, e-hookah, using an electronic cigarette is called “vaping”. Stores who sell mostly e-cigarettes and e-juice are called “vape shops.”

How do e-cigarettes work?

Most e-cigarettes have a battery, a heating element, and place to hold a liquid (such as a cartridge or pod). As the user draws on the device, the battery heats the e-liquid to produce aerosol, not a water vapor. The aerosol is then inhaled into the lungs.

Contact Information

Tobacco Prevention and Control
Dept. of State Health Services
PO Box 149347
Mail Code 1965
Austin, Texas 78714-9347
Tobacco.free@dshs.texas.gov

For more information, visit:
dshs.texas.gov/tobacco

In Texas, an individual must be 21 years old to buy or own an e-cigarette.

Ready to Quit? Call the Texas Quitline at 1-877-YES-QUIT.

National Data

In 2018, 20.8% of U.S. high school students reported using e-cigarettes in the past 30 days. This is a 9.1% increase compared to 2017. From 2017-2018, U.S. middle school students who used e-cigarettes in the past 30 days increased from 3.3% to 4.9%.

Texas Data

According to the 2018 Texas Youth Tobacco Survey, **13%** of youth used e-cigarettes in the past 30 days. This means that **18.9%** of high school students and **6.0%** of middle school students used e-cigarettes in the past 30 days.

Associated Dangers

- Most e-cigarettes contain nicotine, which can harm adolescent brain development. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Some e-cigarette flavorings may be safe to eat, but not to breathe. This is because the gut can process more substances than the lungs.
- A common ingredient in e-cigarette flavoring, diacetyl, causes bronchiolitis obliterans, known as "popcorn lung".
- Defective e-cigarette batteries have caused fires and explosions. Some explosions have resulted in serious injuries and death.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
- There have been reports of youth and young adults experiencing seizures after vaping. Seizures or convulsions are potential side effects of nicotine poisoning.



The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit.

If smokers are ready to quit, call the Texas Quitline at 1-877-YES-QUIT or talk with their doctor.

For more information, visit [Dshs.texas.gov/tobacco](https://dshs.texas.gov/tobacco).

****Sources for this document are available upon request.**

How to protect your child from dangerous apps

Not every smartphone app is terrible for kids. They can be educational, connect kids with extended family, or offer a fun way to relax.

To make sure your child has access only to apps you approve of, we recommend three steps:

1. Evaluate your kid's current phone apps.
2. Set up Ask to Buy (iPhones) or Purchase Approvals (Android).
3. Install a parental control app for app management, content filters, message monitoring, and much more.

Remember to explain what you're doing and why. Without this guidance, your kids won't know how to use apps safely once they've left the nest.

Important things to know about smartphone apps

- Apps can be renamed. If your kid knows they've downloaded an inappropriate app, they might try to hide it by renaming it and changing the icon through the Shortcuts app on an iPhone. Once that's done, they can remove the original icon from the home screen. The same thing can be done on an Android phone.
- Apps can be hidden. Apps don't have to show up on the home screen. Your kid can cover their tracks by setting up a harmless-looking shortcut, using the App Library, or re-downloading the app on the App Store.

Now that you know the workarounds, here's how to spot apps your kid has tried to hide:

1. Open every app. You'll know right away if your child has hidden an app behind a shortcut.
2. Rely on the App Library. On iOS 14 or later, swipe all the way to the right until a search bar and a series of folders appears on the screen. In the search bar, type the original name of the app. It'll show up here even if it's no longer on the home screen.
3. Look up apps in the App Store. Anything your kid has previously downloaded will show a cloud symbol instead of the word "GET."

STRAIGHT TALK ABOUT PORNOGRAPHY

Secrecy is the lifeblood of addiction. If we can talk more openly about pornography AND healthy sexuality, it will remove much of the mystique that sends kids searching on the internet.

**OUR GOAL AS PARENTS NEEDS NOT BE ONE BIG "THE TALK"
-- BUT MANY SMALL, SAFE, ONGOING DISCUSSIONS.**

The media saturated world we live in is busy telling our children lies about sexuality, about their bodies, their worth, and how to view and treat other people -- we need to be countering those lies with the truth and values we want our children to understand. We need to be able to identify and articulate the truths we want our children to know, and share those often. These need to be frequent, ongoing conversations where we remain aware and proactive as our children grow and develop and are exposed to a variety of new messages day in and day out.

"It is helpful to remember that our children will not learn everything at once, and we don't need to cover everything at once either. Learning about sex and pornography is a process that takes time and requires safety in asking questions." - Jeffrey J. Ford, therapist

"WHAT IF I SEE PORNOGRAPHY?"

NAME IT Identify it as pornography.

COVER your eyes/ears as quickly as possible.

IDENTIFY the lie and opposing truth about sexuality.

TELL someone about the exposure as soon as possible.

TURN to something uplifting to refocus your mind.

LEARN from the experience and identify ways to avoid the same situation in the future.

(Dr. Jill Manning, What's the Big Deal About Pornography?)

WHEN YOU TALK:

1. Ask questions,
2. Tell the truth,
3. Share your values.
4. Repeat!

WHEN SHOULD I TALK?

1. When you can talk calmly
2. When you feel nothing but love.
3. Often!

"Either you can teach them about sex. Or porn will." *educateempowerkids.org*

GOOD PICTURES BAD PICTURES: PORN-PROOFING TODAY'S YOUNG KIDS - CAN DO PLAN™

C
CLOSE
my eyes

A
ALERT
a trusted
adult.

N
NAME IT
when I
see it.

D
DISTRACT
myself.

O
ORDER
my thinking
brain to be
the boss!

(Kristen A. Jenson, MA and Gail Poyner, PhD, Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids)

WHAT'S SO WRONG WITH PORNOGRAPHY? (a simple explanation)

- Pornography is addictive. Extended use of pornography causes physical changes in the brain that make it very difficult to stop viewing.
- Explicit sexual images change how you view the opposite sex -- and can eventually lead to desensitization as it takes increased novelty to create the same effect.
- Pornography can cause us to develop unhealthy views of others and it teaches lies about human sexuality.
- Viewing these images repeatedly damages your current and future relationships.
- You feel bad about yourself when you hide your behavior.
- The pornography industry fuels sexual exploitation and sex trafficking.

We are passionate about providing resources and education for families -- we hope this handout is helpful in furthering the discussion in your own home and community. If you're interested in having this material taught in a class for your parenting, women's, or Church group, contact owningourstories@gmail.com



www.togethernessproject.org

PORNOGRAPHY IS SEX MIS-EDUCATION -- IT IS A COUNTERFEIT OF REAL SEXUAL INTIMACY AND HUMAN CONNECTION

This is the truth that our children need to be armed with, in a culture that will try to sell them lies of sex void of intimacy and connection. We need to teach them truths about sexuality and intimacy, so they will be armed against the lies. Often children and teens think porn is 'teaching' them about sex -- we need to be clear that it is not sex. It's a cheap counterfeit. We want more for them than to be taken in by a hollow imitation.

EXTERNAL AND INTERNAL MONITORING

External monitoring is not enough to protect our children from pornography. We must help them develop a sense of internal monitoring. **Parents must teach:**

- Healthy sexuality
- The importance of avoiding pornography (you will need to know and be able to verbalize your issues with pornography and the industry)
- The need for open discussion about experiences with media and pornography
- Consequences of improper sexuality
- Benefits of sexual restraint
- Value centered chastity (you will need to know and be able to verbalize your own family's values)

GOOGLE Google is a wonderful tool. But it's important to explain to our children that if they have a question that makes them uncomfortable or nervous to ask, that is a sign that googling may be a bad idea. Most kids are first encountering porn because they are seeking out answers to simple questions, and their curiosity about what certain words and phrases they hear really mean. We need our children to know they can come to us for answers, not google. Google doesn't care if they're 8 or 10 or 13 -- it doesn't care about what is age appropriate or what our family's values are -- it will give them everything that relates to that word, when maybe all they wanted was a simple definition. It may seem awkward for them to ask us, but we need to teach them that if they are old enough and mature enough to know the answer, then they are old enough and mature enough to ask someone about it in person. Kids are often looking for anonymous and nonjudgmental sources for their info -- it's our job to prove to them that we're a nonjudgmental and trustworthy source of answers; and why that is more important (and reliable) than anonymous. We have to prove time and time again we are there to answer their questions, just as reliably as google.

WE NEED TO TEACH OUR CHILDREN WHEN IT IS APPROPRIATE AND INAPPROPRIATE TO GOOGLE.

WEBSITES & RESOURCES

Get educated! Kristen A. Jenson of PornProofKids assures us that **"it only gets safer for kids when we as parents face [pornography] head on with good information."**

- Conversations with kids at: womenfordecency.org/blog/4-ways-to-start-a-conversation-pornography-kids
- Tips and tools for helping parents protect young kids: www.PornProofKids.org
- Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids: www.gpbp.info
- Great info on proactively talking with kids, and "30 Days of Sex Talks" books: educateempowerkids.org
- Learn to identify and to talk about harmful media messages: www.beautyredefined.net
- Power of Moms Podcast, "Plan for Protecting Our Kids": bit.ly/1x2WZhJ
- SALifeline.org free downloads in their bookstore: "Protecting Families" and "Understanding Pornography and Sexual Addiction"
- Education for teens/young adults: www.fightthenewdrug.org
- Geoff Steurer's Video: School Parents Night "Power to Be Safe Online" youtu.be/HzeJ3gKCuJE
- Jeff Ford's videos "The 5 C's - How to Talk to Your Children About Pornography" <http://bit.ly/1BBGZnE>
- List of resources: owningourstories.blogspot.com/p/resources.html
- This handout (and others) for emailing, printing and sharing, can be found at: bit.ly/WimoXF
- The LDS Church put together several family lessons, look under the "Family Home Evening" tab on overcomingpornography.org/resources
- Stay up to date at pornharms.com -- the leading national organization opposing pornography

WHAT VS. WHY? Telling our kids 'what' the rules are can be easier, but less effective -- teaching the 'why' takes work but is infinitely more effective. Read more at bit.ly/1E5JJgS and bit.ly/1yB19Sm

Tips for Parents on Sexting & Teens

**The best tech safety policy is
education, supervision and trust.**



Make behavioral expectations clear to teens.

Have frequent discussions about the responsibilities and privileges associated with the use of technology.

Be familiar with technology teens are using.

Email, texting, IMing, chatting, gaming, social networking, web and cell phone cameras.

Become familiar with texting acronyms.

CTN=Can't Talk Now, TDTM=Talk Dirty To Me, WYRN=What's Your Real Name?, NIFC=Nude In Front of the Camera, pron=porn, 420=marijuana, 8=oral sex, zerg=to gang up on someone.

For more translations, visit teenluresprevention.com/parents

Use teachable moments.

Local and national news stories about Internet and electronic crimes provide opportunities to discuss these issues. Google "sexing news" for related articles.

Supervise teens online and electronically.

Let them know you are monitoring them because you love them and care about their future. Don't rely entirely on parental control software; teens can quickly bypass these!

Google Search your child's name in quotations: "Jane Doe"

You may be surprised what you find.

If you think your youngster is Sexting...

Monitor their cell phone use. Check cell phone Messages (*Sent & Inbox*), Recent Calls (*Received*) and Media Center (*Pictures & Videos and Downloads*.)

Pics don't stay private.

Once sent, they can't be retrieved, they can be forwarded to many other people and they can't be erased.

Think before Forwarding.

If a teen forwards a nude pic of a minor, he/she becomes the original sender of child pornography, which is against the law.

Images and blogs have future consequences.

They are available for the entire world to see and share. This includes parents, relatives, school officials, law enforcement, college admissions departments and current and future employers.

Twelve Dangerous Apps

By Cathy Habas

Staff Writer, Safety & Security - SafeWise.com - Published on November 04, 2021

Some apps should be nowhere near a kid's phone. We couldn't sort through all 3 million apps on the market, but we've found well over 100 apps worth looking for on your child's phone. We also talked to IT security expert Pete Canavan to go beyond the usual suspects (looking at you, social media) when compiling our list of dangerous apps for kids.

Danger is debatable: Some of the apps we mention, especially WhatsApp or YouTube, are very useful and safe if used in a smart way. We recommend using this list to complement your own research into internet safety, talking honestly with your kid about online dos and don'ts, and keeping a close eye on their online activities.

1. Social media apps

The most popular social media apps among today's kids are YouTube, Snapchat, TikTok, and Instagram. Here's why some parents find them concerning:

YouTube videos aren't screened before publication, allowing kids to find plenty of inappropriate content. Snapchat content disappears after 24 hours. Some kids (and predators) take advantage of this by sharing explicit photos or videos. TikTok has very loose content guidelines, so kids may run into offensive or explicit content. Research shows Instagram use worsens body image and mental health issues among young girls.¹ Social media platforms also open the door for cyberbullying from peers and strangers alike. Some companion apps, like the video editor Zoomerang, include a dangerous location-tracking feature. Watch for these potentially dangerous social media apps too:

- Tumblr
- Reddit
- Facebook
- Twitter
- QZone
- Tout
- Spreely
- Triller
- MeWe
- Gab
- Rumble
- social

- IRL
- YikYak
- Hoop
- GETTR
- VSCO
- WeChat
- Wishbone
- Marco Polo

2. Live-streaming and video chat apps

Livestreaming apps and video chats are rife with problems for kids when unsupervised: The videos are live and unmonitored, which makes it super easy for people to say (or show, ew) whatever they want. Kids can use livestreams to access content you've blocked elsewhere (like video game footage or explicit music). Many two-way video chat apps connect strangers at random, which is also known as "chat roulette."

Some "chat roulette" apps are meant for dating or have sexual undertones. Live.Me is especially concerning because it shares the broadcaster's exact location with viewers and also allows users to pay others for photos.

Watch for these livestreaming apps too:

- Houseparty
- Big Live
- BIGO Live
- Uplive
- Clover
- REALITY
- Quibi
- Twitch
- Tango
- Yubo
- Livestream
- Nonolive
- YouNow
- Spoon

- 17Live
- SuperLive
- MICO
- Imo live
- OK Live
- Hakuna
- Likee
- Coco
- ly
- Camsurf
- Omega
- Hola
- Marco Polo

3. Chat apps

Some chat apps, especially WhatsApp, take the place of text messages when a friend or family member lives abroad. Similar chat apps include Messenger, Line, and Discord, as these emphasize “invite-only” conversations. Strangers might still find a way to chat with your kid on these apps, so they’re worth monitoring regardless. Chat apps pose a serious problem for kids when their main purpose is to connect strangers. That’s exactly what many of these dangerous messaging apps do. Some also include video chat.

- Kik
- Viber
- Telegram
- Caffeine
- Clubhouse
- IMVU
- Friends
- Fam
- Threema
- Wink
- Itsme
- BOSS Revolution

- Chatjoy
- Imo
- Nowchat
- Signal
- ICQ
- Hangouts
- Addchat
- Wizz
- BOTIM
- BiP
- Anonymous Chat Room
- Cheers
- Squad
- Byte
- Omegle
- Telonym

4. Multiplayer games with built-in chat

Some mobile games feature mature images or storylines, like the weed-dealing simulation game Drug Grand Mafia. Others, like Zepeto, don't seem threatening until you realize that strangers can talk to your kid through in-game chat rooms. Some games even let players use voice chat. Beware of online predators on these potentially dangerous apps.

- Zepeto
- Among Us
- Modern Combat
- PUBG
- LifeAfter
- Drug Grand Mafia
- The Wolf
- Call of Duty
- Tom and Jerry: The Chase
- Suspects: Mystery Mansion

- Super Mecha Champions
- Spaceteam
- Hago
- Rules of Survival
- Slam Dunk

5. Dating apps

A teen's misguided curiosity could lead them to one of these dating apps, and that's a sign that you should have some serious conversations. Many of these apps aren't meant for dating at all, but for casual hook-ups. Your teenager may not know why that's risky unless you tell them. You've got this.

- Tinder
- Grindr
- Plenty of Fish
- Hily
- Match
- Zoosk
- Mocospace
- MeetMe
- Bumble
- BLK
- Skout
- Badoo
- Hot or Not
- Tagged
- Upward
- Luxy Celebs
- Ashley Madison
- SweetRing
- Flirtini
- Cougar
- CougarD
- Taimi

- 3Fun
- Bustr
- Geek Seek
- Clover
- Chispa
- Flourish
- Popcorn
- Hinge
- Ayala
- Kinkoo
- AChat
- Hookup
- Pure
- XDate
- 3rder
- Gaper
- Adult Chat
- Hook Me Up
- KS
- Wild
- Cuff
- FWB
- Shake It
- Pernalis
- Feeld
- Flirt Me
- InMessage
- EZMatch
- Surge
- Military Dating

- Ace Date
- Chaturbate
- 3somer
- Juicy

6. Explicit apps

Pornographic content isn't allowed in the Apple App Store or the Google Play Store, but some apps still get published despite prolific sexual content:

- iGirl
- Dipsea
- Juice Live
- Lifestyle for Men
- Kegel
- JoyHouse
- Naughty Video Chat
- Tickle Her
- Galatea
- Radish Fiction

7. Interactive story or simulation apps

These are romance/erotica stories that let the reader choose what happens next. Because of the way the characters are usually drawn, younger kids might not realize what these stories are about until they've downloaded the app.

- Scandal
- Kiss Kiss
- Stories: Your Choice
- My Fantasy
- Producer
- Campus
- Dream Zone
- Hotel Hideaway
- Chapters
- Ikemen Vampire

- Episode
- BloodKiss
- Choose Your Story
- The Arcana

8. Deepfake apps

According to IT security expert Pete Canavan, deepfake apps “allow you to make someone appear to look or say something they did not” by putting “anyone's face on any body in pictures and in videos.” Some deepfake apps like iFake also let users send prank messages. Kids can easily use these to bully one another, and there are also serious concerns about data collection and privacy among deepfake apps. Canavan notes that “as the technology gets better, it will be harder to tell fake photos and videos from real ones, and that presents a massive problem.”

Popular deepfake apps include the following:

- Reface
- FaceMagic
- Avatarify
- iface
- Wombo
- FakeMe
- Impressions
- MyHeritage
- DeepFaceLab
- FaceApp
- FaceSwap
- FacePlay
- Jiggy
- iFake

9. Mining apps

“Mining apps use your phone's CPU to mine bitcoins or other digital currency,” Canavan explains. “Some you may have put on your phone on purpose, but others may be lurking insidiously on your kid's phone using it without their/your knowledge.”

Known fake crypto-mining apps include the following:

- Bitcoin 2021
- Bitcoin (BTC)
- Crypto Holic
- MineBit Pro
- BitFunds
- Daily Bitcoin Rewards
- Ethereum (ETH)

10. Secret storage apps

Secret storage apps allow the user to keep photos and other files in a password-protected location. The app icon often looks like a calculator or another inconspicuous app. Your child might use a secret storage app to hide inappropriate photos sent by or to a sexual predator.

- Best Secret Folder
- Calculator Secret Folder
- Calculator#
- Locker
- Privault
- Secure Private Calculator
- Secret Photo Vault

11. Anonymous apps

An anonymous app lets users ask questions or share info, usually with strangers, without having to create an account or share identifiable info. Pete Canavan, IT security expert, warns of a “huge opportunity for people to bully others or spread disinformation.”

- FM
- Whisper
- Lipsi
- Tellonym

12. Other troublesome apps

- Some kids use Google Docs and other real-time collaboration tools to write messages to each other without leaving a paper trail. They just delete the doc when they’re done.
- Teens may use real estate apps to find empty houses for parties and vandalism.