

PROTECTING YOUR FAMILY ONLINE

A PARENT'S HOW-TO GUIDE



CovenantEyes[®]
Internet Accountability and Filtering

UNFILTERED
DVD WORKSHOP KIT

WE CARE ABOUT YOUR FAMILY'S SAFETY ONLINE

"I have made a covenant with my eyes..." (Job 31:1, ESV)

Covenant Eyes believes what people do online impacts their lives offline—and the Internet is full of tempting websites and people. Internet pornography especially hurts families and marriages, and prevents people from becoming who God has called them to be.

As a company owned by Christians, our mission is to equip people with tools to escape pornography and form positive habits online. We want to create healthy families and a culture of accountability in our churches.



 www.covenanteyes.com

 1.877.479.1119

 1525 W. King St., PO Box 637
Owosso, MI 48867

Copyright © 2013 Covenant Eyes,
Inc. All rights reserved.

You are free to share this material (i.e. copy it for your group members) under the following conditions:

1. You must attribute the work to Covenant Eyes Inc., Owosso, Michigan and www.covenanteyes.com.
2. You may not use this work for commercial purposes.
3. You may not alter or transform this work (i.e. you can't take text from this work and include it in your own discussion guide or article).

TABLE OF CONTENTS

<u>YOUR PARENTAL SAFETY CHECK</u>	<u>4</u>
<u>GROWING UP DIGITAL</u>	<u>7</u>
<u>WHAT DO KIDS DO ONLINE?</u>	<u>8</u>
<u>A CULTURE OF ANONYMITY</u>	<u>9</u>
<u>KIDS AND PORN</u>	<u>10</u>
<u>THE ADDICTIVE NATURE OF PORN</u>	<u>12</u>
<u>PORN: MIND, BODY, AND SPIRIT</u>	<u>13</u>
<u>THE GREAT MARRIAGE DESTROYER</u>	<u>14</u>
<u>CREATING ACCOUNTABLE HOMES</u>	<u>15</u>
<u>HOW DOES INTERNET ACCOUNTABILITY WORK?</u>	<u>17</u>
<u>THE SOLUTION: COVENANT EYES</u>	<u>18</u>
<u>A PARENT'S STORY</u>	<u>20</u>
<u>7 TIPS FOR SAFE BROWSING</u>	<u>22</u>
<u>TALK THROUGH THE REPORT</u>	<u>26</u>
<u>YOUR PARENTAL CHECKLIST</u>	<u>29</u>
<u>YOUR PARENTAL SAFETY CHECK</u>	<u>30</u>
<u>INTERNET USE AGREEMENT</u>	<u>31</u>

YOUR PARENTAL SAFETY CHECK

HOW MANY INTERNET-ENABLED DEVICES ARE IN YOUR HOME?

In only 20 years, the Internet has gone from being a luxury to being an integral part of our everyday experience. From laptops to gaming consoles to a watch that connects with your smartphone, we carry the Internet with us wherever we go.



Take a moment and think about how you and your family get online every day. How many of the following devices do you own or use?

- DESKTOP COMPUTER
- LAPTOP COMPUTER
- SMARTPHONE (E.G. IPHONE®, ANDROID™)
- TABLET (E.G. IPAD®)
- MP3 PLAYER (E.G. IPOD TOUCH®)
- E-READER (E.G. AMAZON KINDLE)
- HANDHELD GAME DEVICES (E.G. NINTENDO 3DS)
- HOME GAME CONSOLES (E.G. XBOX 360)

PARENTAL INTERNET SAFETY SELF-EVALUATION

Now think about all those devices you just listed. How well are you protecting your kids when they use them?

For each question, circle “Y” or “N” for either “Yes” or “No.” Then give yourself a point for every “Yes” and see how you score!

- Y N 1. Have you set Internet safety rules for your family (including instructions and consequences)?
- Y N 2. Have you had conversations with your kids about why you’ve set ground rules?
- Y N 3. Is your home WIFI password-protected?
- Y N 4. Have you installed Internet monitoring and blocking software on all Internet-enabled devices where it’s available?
- Y N 5. Do you get Internet use reports for yourself and your kids (such as Covenant Eyes Internet Accountability Reports)?
- Y N 6. Do you have a Filter for your kids (such as the one provided by Covenant Eyes)?
- Y N 7. Are all your computers and game consoles set up in a public place (like your living room) so you can see what your kids do online?
- Y N 8. Have you reviewed your kids’ Internet-enabled devices (like the Xbox 360 or the iPod touch) and set parental controls for them?
- Y N 9. Have you reviewed your kids’ mobile devices (like their smartphones and tablets) and disabled certain features, like app installation and location services?
- Y N 10. Have you set passwords on Internet-enabled devices used for work purposes, so your kids can’t use them?
- Y N 11. Are you familiar with the Internet safety rules at your children’s schools?

- Y N 12. Have you spoken with the parents of your kids' friends about Internet safety in their home?
- Y N 13. Do you look at your kids' social networking status updates, blogs, images, music, downloads, etc., on a weekly basis and discuss it with them regularly?
- Y N 14. Do you know your kids' usernames and passwords for their e-mail and all the social networking sites they use?
- Y N 15. Have you configured the privacy settings on your kids' social networking accounts so that only people who know them can see their photos and information?

MY SCORE IS ____



11 – 15: PRO:

Wow, looks like you really know how to keep your kids safe online! Have you thought of sharing your knowledge with other parents?



6 – 10: EXPERIENCED:

It looks like you've got some of the basics down, but there a few ways you can keep your family even safer. Read on to see what else you can do.



0 – 5: BEGINNER:

So you haven't spent much time thinking about how to keep your kids safe online—or maybe even why it's important. That's okay! We'll show you how.

.....○ *“Parents are the weak link in the chain when it comes to protecting their children.”*

– Donna Rice Hughes, President & CEO, Enough is Enough

GROWING UP DIGITAL: STATS YOU NEED TO KNOW

Kids are growing up in a digital world. Young people born since the mid-90s have never known a world without computers or the Internet. In fact, some parents may barely even remember a time before they had a computer in their home!

Now, of course, technology is part of kids' lives. A recent study found that nearly 70% of kids ages 2 to 5 can operate a computer mouse...but only 11% can tie their own shoes.¹

REMEMBER: KIDS GO ONLINE DAILY.



AGE 3

1/4 of children go online daily.



AGE 5

This increases to about **1/2**.



AGE 8

2/3 of kids use the Internet on any given weekday.



AGE 13

73% of kids have a mobile phone.²

WHAT DO KIDS DO ONLINE?

AT LEAST ONCE A DAY:



68% of 13- to 17-year olds send a text



51% visit a social networking site



19% use an instant messenger tool



19% headset chat in an online game



8% chat using video³

KIDS AND MOBILE

1 HR+ The average **15- TO 18-YEAR-OLD** spends more than an hour every day consuming media on his/her phone.



33% of young people (ages 15 to 24) own smartphones



84% of teens with cell phones sleep with the phone on or near the bed.⁴

A CULTURE OF ANONYMITY

Our Internet use is largely solitary. We believe what we do online, what we see, how much time we spend, and who we talk to is nobody's business but our own. This culture of anonymity often leads to what Dr. John Suler, a psychologist from Rider University, calls the Online Disinhibition Effect. He says, "Everyday users of the Internet have noted how people say and do things in cyberspace that they wouldn't ordinarily say and do in the face-to-face world. They loosen up, feel less restrained, and express themselves more openly."



ONLY 1/3 of parents set up parental controls and monitor what their children do online, and...



41% of American teens agree that their parents have no idea what they are doing online.⁵



Online disinhibition trains us to put pixels before people. We begin to prefer bite-sized status updates to a face-to-face conversation. We feel freer to insult and bully someone else because we don't have to look them in the eye, or prefer the quick buzz of porn instead of fostering intimacy with a real live human being.

KIDS AND PORN: STATS YOU NEED TO KNOW

THE AVERAGE AGE OF FIRST EXPOSURE TO INTERNET PORNOGRAPHY IS 11 YEARS OLD.

 **73%** of kids are exposed to pornography before **18**.

 **67%** of kids admit to clearing their browser history to hide Internet use from their parents.

 **42%** of kids first view pornography before age **13**.

 **25%** of teens are unwillingly exposed to nudity online when they aren't looking for it.^{6, 7, 8}

.....○ *Pornography is any image that leads a person to use another person for their own sexual pleasure. It is devoid of love, intimacy, relationship, or responsibility. It can be highly addictive.”*

– **Dr. Peter C. Kleponis**,
Licensed clinical therapist,
specializing in pornography
addiction recovery.



THE LARGEST CONSUMERS OF INTERNET PORNOGRAPHY ARE KIDS AGES 12 TO 17.



- **57%** of girls and **83%** of boys have seen group sex on the internet.



- **55%** of girls and **69%** of boys have seen porn showing same-sex intercourse.



- **18%** of girls and **32%** of boys have viewed bestiality on the Internet.



- **9%** of girls and **15%** of boys have seen child pornography.



THE ADDICTIVE NATURE OF PORN

There's a lot of research that helps explain what happens neurologically when a person looks at porn. If you want more details about how pornography impacts the brain and behavior, you can download a copy of *The Porn Circuit* for free at www.covenanteyes.com/ebooks.

HERE'S THE SIMPLE VERSION:

When a person views porn, the body and brain release powerful hormones and neurochemicals...



...but like any drug, eventually your brain gets used to it...



...requiring harder and harder images or a greater variety to get the same fix.



(It also makes it harder to have a fulfilling marriage, because the porn viewer becomes more and more obsessed with the quick and easy fix of porn.)

So the more porn a person sees—or the earlier a kid is exposed to it—the more likely they are to create a chemical dependency on porn... and get addicted to the hardcore stuff, too.

PORN: MIND, BODY, AND SPIRIT

In addition to the neurological consequences of pornography use, there are pretty severe societal consequences as well. It is also highly correlated with adultery, prostitution, and sex trafficking—the modern slave trade.

THE CHEMICALS OF PORN USE

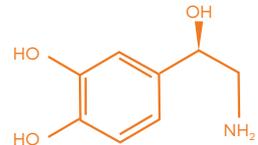
DOPAMINE

Dopamine activates or enhances rewards circuitry that makes you feel good. It helps the brain remember what feels good and how to respond to it. It also assists in cravings for more of the activity.



NOREPINEPHRINE

Norepinephrine helps us burn emotional experiences in our minds. Whether it's a wonderful sexual experience with our spouse or a provocative sexual image, this chemical stores it for easy recall.



OXYTOCIN

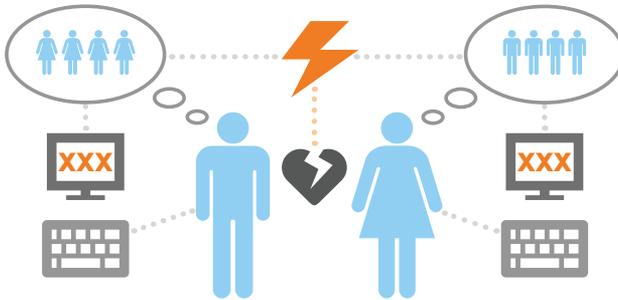
Oxytocin creates a bond during a sexual experience. It bonds the porn user's brain to the image or video, especially when it's reinforced through repetition.

...○ “Porn use by our youth is a greater threat to our national well-being than our economy...if you get connected with porn early in your life, it alters your ability to relate.”

– **Dale Kuehne**, Richard L. Bready Chair of Ethics, Economics, and the Common Good, Saint Anselm College

THE GREAT MARRIAGE DESTROYER

God’s plan for marriage is that one man and one woman become united—and so “the two become one flesh.” It’s supposed to be a picture of Christ’s love for the church.



Porn adds extra partners to the marriage unit. It breaks the intimacy the husband and wife are supposed to experience together. It reduces sex to a selfish act and women to their body parts.

56% of divorce cases involved one party having an obsessive interest in pornographic websites.⁹

Happily-married men are 61% less likely to look at porn.¹⁰

“In the heart of every man is a desire to be brave, to be good, and to protect. In the heart of every woman is a desire to be beautiful, to be desired, to be the treasure. Pornography taps into those good desires but delivers the opposite. Porn turns protectors into predators and treasures into targets. It is a great disappointment which, like all sin, leaves its users bored and lonely.”

– **Matt Fradd**, Catholic apologist and speaker

CREATING ACCOUNTABLE HOMES

Pornography is almost unavoidable. It only takes a typo while doing homework for a kid to stumble across all sorts of inappropriate content. As a parent, there are many steps you can take to keep your kids safe, such as filters to block bad content. But filters don't always work well, or kids can find ways around them. And keeping computers in public places doesn't help when parents are outside doing chores or otherwise occupied, and it doesn't stop a child from sneaking downstairs after everyone else is asleep.

Training a child to use the Internet is not simply about placing good filtering software on our home computers. According to popular Christian author and speaker Doug Wilson, "Building a fence does not prevent someone from wanting to be on the other side of it. In fact, building a fence often has the effect of increasing someone's desire to be on the other side of it (Romans 3:20; 5:20). It is the sweetness of forbidden fruit."



For parents, the answer is to create a new culture in the home—a culture of accountability. Simply put, it means that you can—and should—give an account of your actions (including the websites you visit and the search terms you use) to someone else. Kids should be accountable to their parents. Husbands should be accountable to their wives and vice versa. (Even better, a man should also be accountable to another male friend or mentor.)



Accountability isn't only a good idea for those who are struggling with a particular sin. Accountability is something we should foster in our children early in life—not just as a way to defeat bad habits but as a way to encourage good ones. This is especially true in how we train our kids to use the Internet.

That's why many parents use **Covenant Eyes Internet Accountability software** to train their kids to use the Internet wisely.



HOW DOES COVENANT EYES INTERNET ACCOUNTABILITY WORK?



Sign up for Covenant Eyes and download the software to your devices. Make sure you set yourself up to get your kids' reports!

1



Covenant Eyes monitors how your kids use the Internet and sends you a report of the websites they visit.

2



Talk to your kids! Use their reports to find out their interests, or correct them when they make poor choices online.

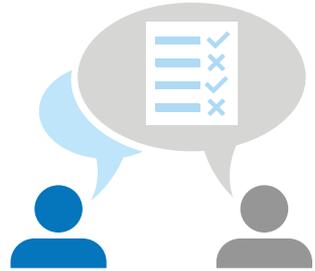
3



THE SOLUTION: COVENANT EYES

INTERNET ACCOUNTABILITY

Covenant Eyes Internet Accountability doesn't block anything. Instead, it monitors how the Internet is used on computers and mobile devices and gives each website visited an age-based rating, like T for Teen or M for Mature.



This information is sent in an easy-to-read report so that you can have regular conversations with your kids about their interests, questionable areas online, or even content that is inappropriate.

The reports show the words typed into search engines like Google and Bing. They also show the titles of the videos watched on YouTube. Plus, the reports show the sites and web searches that were blocked by the Filter.

ACCOUNTABILITY STARTS WITH YOU!

Set the example in your home of what Accountability looks like. Sign up for Accountability for yourself and your spouse, and let your kids see you talk about your Reports. As your kids get closer to college, you may want to send them your Reports as well.

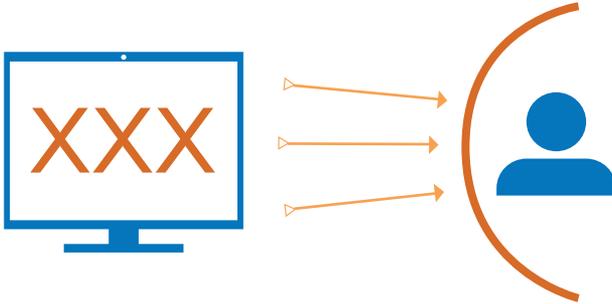
Available for: Windows® and Mac® computers, iPhone®, iPod touch®, iPad®, and Android™ phones and tablets (including Kindle Fire and Kindle Fire HD).

...○ Sign up at www.covenanteyes.com.

Use the promo code **unfiltered** for your first 30 days of Accountability and Filtering for free!

FILTERING

Sometimes you just need an extra layer of protection, especially for young kids. The Covenant Eyes Filter blocks sites in real time, unlike other filters that are based on static “block lists” that are updated periodically. Remember, a new site is launched every 2 seconds; Covenant Eyes keeps up with ever-changing dangers online.



We block pages using our age-based rating system. That means it's easy to select what level of blocking is appropriate for each member of your family. On Windows and Mac computers, you can even restrict the times of day each of your children may use the Internet.

Available for: Windows and Mac computers, iPhone, iPod touch, and iPad.

PROTECT YOUR ENTIRE FAMILY FOR JUST \$14.99 A MONTH.

No matter if you have two kids or 20, they all need protection online. Family Accounts make it easy! Give each person in your home a unique username for one flat rate of **\$14.99 a month.**

- Everyone gets Internet Accountability.
- Add Filtering to any username for free!
- Install on all your computers, phones, and tablets.



A PARENT'S STORY: HOW STEVE USES COVENANT EYES



When my son was 12 years old I came home one day to find the phrase “sexy nude girls” typed into the search engine on our family computer. I wasn’t shocked or even disappointed. I knew at some point I’d eventually catch my son trying to look at naked girls.

I quietly asked, “Son, how would you feel if somebody looked at your mom or your daughter that way?”

The next day I bought Covenant Eyes Accountability and Filtering software. The way I saw it, it’d been my fault for not protecting him in the first place.

It is the conversations that have followed that have been the biggest blessing and surprise.

When the first Covenant Eyes report came and said “Review Suggested” we sat down and reviewed the report together. My son was able to explain what each of the sites was about and we were able to identify why the sites might have been flagged.

Then in week 3, when I saw some truly objectionable sites, I confronted him.

“Dad, I did not go to those sites. Some objectionable pop ups have happened while I have been online but I have X-ed out of them right away. If these continue showing up on my Covenant Eyes Report, I’ll give you my computer and you can take it to a technician and have them go through the hard drive.”

...○ “Son, how would you feel if somebody looked at your mom or your daughter that way?”

He also said that he had “un-friended” some people on Facebook who were in the habit of posting inappropriate material.

Then I had another proud moment. I was at dinner with some associates when a text came in.

“Hey! Stupid ad on Facebook just now. Removed it as soon as I saw. Thought I’d give you heads up!”

What I loved about this is that he thought the ad was stupid. It wasn’t me telling him. It was him telling me!

Not only am I grateful that Covenant Eyes works as well as it does, I’m glad for the open dialogue it has created for me and my son—and that he’s becoming proactive.

So, my recommendation for parents who want to talk to their kids about pornography? Put Covenant Eyes on their kids’ computers and let the conversation roll!

Steve Siler is the Director of Music for the Soul, creators of the highly acclaimed *Somebody’s Daughter* documentary. For five years he worked as a staff songwriter for Word Music Publishing.¹¹

7 TIPS FOR SAFE BROWSING

1 BE AWARE OF ANONYMIZERS

One of the most common ways teens bypass blocking filters are with “anonymizers.” These are secure websites that allow teens to visit other websites without being tracked, meaning the teen can anonymously surf the Web without the protection of filters or accountability. Covenant Eyes Accountability Service categorizes anonymizers as Highly Mature and reports when they have been accessed. You can also block them with the Covenant Eyes Filter.

2 USE YOUTUBE’S SAFETY MODE

YouTube is the No. 1 video-sharing website with 4 billion hours of videos viewed each month around the globe.¹² YouTube has created “Safety Mode” to help parents better guard against adult content. While this is a good precaution, it will not catch all inappropriate content and can be circumvented with relative ease.

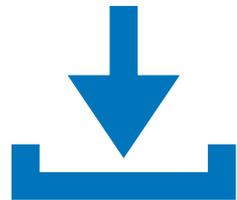


3 SET GOOGLE TO SAFE SEARCH

If you have a Google account, you can set it to automatically filter inappropriate search results. You can even keep Safe Search on when you are signed out of your Google Account by locking it under “Search Settings.” This is a good additional layer of protection in addition to the Covenant Eyes Filter.

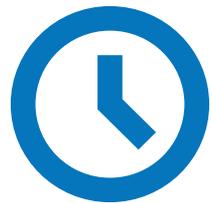
4 KNOW WHAT THEY DOWNLOAD

File sharing networks allow the sharing of files and communication without a website. These peer-to-peer networks are used to share copyrighted music, software, games, and pornography without authorization. If you see these sites on your child’s reports, ask them about what they are downloading.



5 LIMIT THE TIME THEY SPEND ONLINE

Require that all computers and phones are left outside your child’s bedroom, especially at night. There is no reason why your child needs to be responding to text messages at 2 a.m. If they say they use their phone as an alarm clock, remember, they still sell alarm clocks at the store. Buy them one.



Good filtering software like Covenant Eyes limits the times of day your kids get online. Give your children freedom to enjoy the Internet, but set limits.

6 REVIEW AND SET PARENTAL CONTROLS

Set parental controls everywhere possible: desktop computers, laptops, tablets, phones, game consoles, everything. It is worth the time and the trouble because your kids are worth it. Your account or profile on any device should be the only one that has administrative controls.

Remember, if your child has a mobile device of any sort—mp3 player, e-reader, handheld gaming system—it probably has access to the Internet. Before you give your child a new mobile device, read through the instructions and set up any available parental controls. For example, if you plan on using the Covenant Eyes browser on your child's iPod touch, you will want to turn off Safari, YouTube, and other apps that might allow objectionable material.

The Covenant Eyes Android app has built-in parental controls to allow you to lock down other apps. Full instructions for setting restrictions on the iPod touch, iPad, and iPhone are available at www.covenanteyes.com/iphone-guide.



7 MONITOR THEIR MOBILE DEVICES

Before you buy any device, tell yourself: if I am not willing to monitor it, I will not provide it. Don't buy any gadgets or allow your kids to buy devices that you are not willing to monitor.

The Covenant Eyes Accountability apps are free with your Internet Accountability membership.

Our Android app monitors the most popular browsers and social media apps on your family's phones and tablets. It also monitors the amount of time spent using other apps, and even blocks them with built-in app locking.

Covenant Eyes for iPhone is designed to replace the Safari browser on the iPhone, iPad, and iPod touch to provide mobile accountability.



READY TO PROTECT YOUR CHILD'S SMARTPHONE?

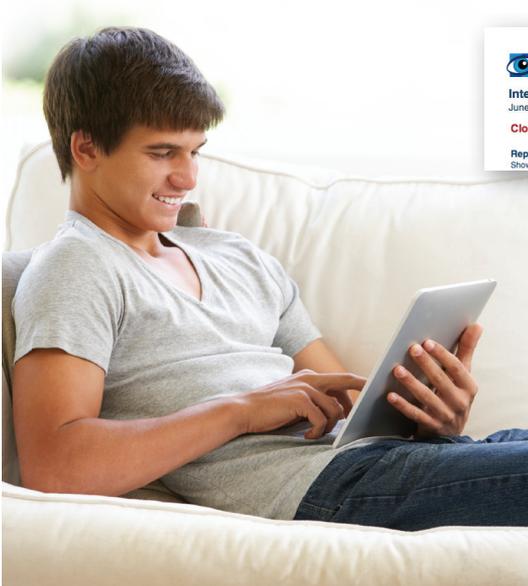
Go to www.covenanteyes.com to sign up today!

TALK THROUGH THE REPORT

Accountability and Filtering software for your children is necessary, but even the best software available won't help them as much as having a strong relationship with you.

Dr. Peter C. Kleponis, a licensed clinical therapist specializing in pornography addiction recovery, suggests parents discuss the addictiveness of pornography. Kids need to know that pornography is a drug, just like alcohol or cocaine, and that it can ruin their lives. You may find it easier to talk to your kids about pornography when they associate it with drugs, rather than sex.

Kids must learn about healthy sexuality. You need to convey to your kids that the main goal is to become healthy adults. This requires you to protect your kids from anything that could harm them. Kids need to know that every time they go on the Internet, they could be inviting danger into their lives.



CovenantEyes
Internet Accountability and Filtering

Internet Activity for Jimmy
June 13, 2014–June 20, 2014

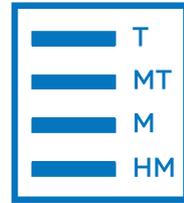
Close Review Recommended [What's this?](#)

Report Sensitivity Level: T
Shows sites rated at Teen (T) and above.

Most Visited:
google.com, meijer.com, facebook.com

WHAT SHOULD YOU LOOK FOR ON THE REPORT?

With Covenant Eyes, you will receive a daily or weekly report that details the questionable sites your child or teen has visited. This Accountability Report is a tool intended to initiate consistent, healthy conversations between you and your child or teen. We recommend teaching children about “gray areas” found on YouTube, in music, and on social media. The more conversations, the easier it will be to talk about negative indications on the Accountability Report.



Here are some things to look for on the Report:

YOUTUBE VIDEOS

Covenant Eyes reports will typically provide the titles of the videos viewed on video sites like YouTube, but take some time to view at least some of the videos your kids watch. Was there a deeper message? Were there things you found inappropriate for your child? Use these videos as an opportunity to talk about how media can impact their thoughts.

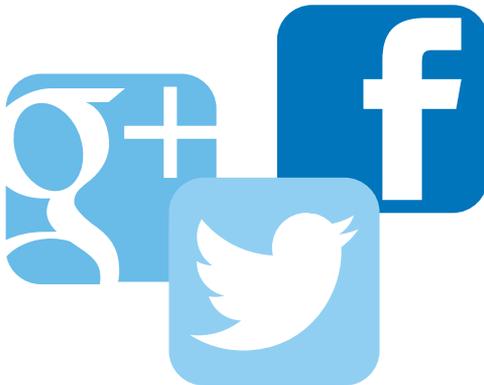
ANDROID APP USE

The Covenant Eyes Android app reports the time spent on other apps. If your child or teen uses an Android device, look at the apps they use. If you don't know what the app is, ask about it, or look it up in Google Play. If you don't want them to use that app anymore, explain why, then give them a suggestion for an app they can use instead. Take control by adding or deleting apps, and take time to ensure apps do not include a built in Internet browser or Internet search tool.

SOCIAL NETWORKING

Most teens 13 and older will have a social networking profile, so seeing Facebook or Twitter activity should be no cause for alarm. However, be sure to ask them who they interact with and why they use that particular social network. In addition, if you notice them becoming increasingly sullen or withdrawn, take a much closer look at the social networks they use. Their behavior may be a normal part of adolescence...or it could be a sign that they are a victim of cyberbullying or other dangerous cyber habits.

As a condition of using a social network, e-mail, etc., you should require your kids to provide you their usernames and passwords. Also, be their friend on Facebook or follow them on Twitter. If they can't keep it clean, cut off access temporarily.



YOUR PARENTAL CHECKLIST

□ 1. USE IT

Give everyone in your family a unique Covenant Eyes username, and install it on all your devices. Then start having open discussions about how the Internet is used in your home.

□ 2. KEEP LEARNING

We've barely touched the basics of all the dangers you and your kids face online. You can learn more by following the Covenant Eyes blog at www.covenanteyes.com/blog, or by downloading free e-books like *Accountable Kids*, *When Your Child is Looking at Porn*, and *Your Brain on Porn* from www.covenanteyes.com/ebooks.

□ 3. SHARE YOUR KNOWLEDGE

The Internet in your home will be safe...but what about the homes of your kids' friends, or other people in your church?

Talk to the parents of your children's friends about these things. You might secure your home, but your child is only as safe as his or her friend's home. Ask other parents what they are doing to lock down devices. Share our free e-books with them, and tell them how using Covenant Eyes has impacted your family.

You might want to host a special training event for the people you know! Get a parent workshop kit at www.covenanteyes.com/unfiltered.

YOUR PARENTAL SAFETY CHECK: HOW ARE YOU DOING NOW?

Now that you've learned all about these online dangers, it's time to see how you're doing! In a few weeks, come back and fill out this worksheet.

I will fill this out on (Month, Day) _____ and share my results with (Friend's name) _____.

In my home, I have a total of ____ Internet-enabled devices:

___ Desktop computer

___ Laptop computer

___ Smartphone (e.g. iPhone, Android)

___ Tablet (e.g. iPad)

___ mp3 player (e.g. iPod touch)

___ E-Reader (e.g. Amazon Kindle)

___ Handheld game devices (e.g. Nintendo 3DS)

___ Home game consoles (e.g. Xbox360)

I installed Internet Accountability and Filtering on the following devices:

I set up usernames for these people: _____

I investigated and set up parental controls on the following devices: ____

I talked to the following people about Internet Safety in their own homes:

I plan to talk to the following people about Internet safety in their homes:



INTERNET USE AGREEMENT

I will always tell my parents or another adult immediately if I see something confusing, scary, or threatening on the Internet. (____ Initial)

If someone I meet online requests to meet with me in person I will say “no” and then tell my parents. (____ Initial)

I will not purposely search and/or view inappropriate images on my computer, phone, or device or another person’s computer, phone, or device. (____ Initial)

I will ask my parents or another adult before opening any e-mail, files, links, pictures, or games from people that I don’t know or trust. (____ Initial)

I will not send inappropriate or revealing pictures of myself to anyone. (____ Initial)

I will never initiate or participate in cyberbullying. (____ Initial)

I will stay in control of my online reputation. I understand that what I post online will directly reflect how others (such as teachers, employers, parents, strangers, and coaches) perceive me. (____ Initial)

I understand that all online choices have offline consequences, and in some cases may have legal implications. (____ Initial)

I will not give personal information online, even to get so-called freebies. Just as in the physical world, if it sounds too good to be true, it probably is. (____ Initial)



INTERNET USE AGREEMENT

I will not create or use e-mail addresses, IM names, chat nicknames, and so on that give away too much personal information. I will make them gender-neutral, with no age or location information, and they will not sound provocative. (____ Initial)

I will not include personal information in my “public” profile, such as: my birth date, address, phone number, e-mail address, school schedule, passwords, account information, and so on. These can be used to locate me or steal my identity. (____ Initial)

I will only buy things online if I have my parents’ permission. (____ Initial)

If I’m ever in doubt, I will talk with my parents or another adult for clarification and/or permission. (____ Initial)

I will provide to my parents all usernames and passwords to my e-mail, social networking, and other online accounts. (____ Initial)

Consequences for misuse of the Internet will be: (____ Initial)

Child/Teen Signature _____

Date _____

Parent Signature _____

Date _____

REFERENCES

1. Smith, J.R. 2011, January. Kids are learning computer skills before life skills. *AVG Official Blogs*, <http://blogs.avg.com/uncategorized/kids-learning-computer-skills-before-life-skills/> (Accessed May 8, 2013).
2. Gutnick, Aviva Lucas, Michael Robb, Lori Takeuchi, and Jennifer Kotler, 2011, March 10. *Always connected: The new digital media habits of young children*. The Joan Ganz Cooney Center at Sesame Workshop. <http://www.joanganzcooneycenter.org/publication/always-connected-the-new-digital-media-habits-of-young-children/> (Accessed May 8, 2013).
3. Common Sense Media, 2012, *Summer. Social media, social life: How teens view their digital lives*. <http://www.commonsensemedia.org/sites/default/files/research/socialmediasociallife-final-061812.pdf> (Accessed May 8, 2013).
4. More stats on smartphone usage are available at <http://www.covenanteyes.com/2012/04/13/mobile-phone-security-stats-about-internet-dangers-on-smartphones/>
5. Symantec, 2008, February 13. Parents, get a clue! Norton Online Living Report reveals you're your cyber-savvy children know that you don't. http://www.symantec.com/about/news/release/article.jsp?prid=20080213_01 (Accessed May 8, 2013).
6. Michael Leahy, *Porn University: What College Students Are Really Saying About Sex on Campus* (Chicago: Northfield Publishing, 2009).
7. Lisa M. Jones, Kimberly J. Mitchell, and David Filkelhor, "Trends in youth internet victimization: Findings from three youth internet safety surveys 2000-2010," *Journal of Adolescent Health* 50 (2012): 179-186.

REFERENCES

8. Sabina, Chiara, Janis Wolak, and David Finkelhor, 2006. The nature and dynamics of Internet pornography exposure for youth. *Cyberpsychology & Behavior*.
9. For more stats about porn use, visit <http://www.covenanteyes.com/pornstats/>
10. Ibid.
11. Source: <http://www.covenanteyes.com/2012/09/17/sparking-conversations-about-porn-with-my-son-the-difference-accountability-makes/>
12. YouTube.com, n.d., *Statistics*. <http://www.youtube.com/yt/press/statistics.html> (Accessed May 8, 2013).



WHAT PEOPLE ARE SAYING...

“ I recommend Covenant Eyes as a valuable tool for parents who want to protect their families from pornography and for individuals who want to break free from pornography addiction.”

— DR. PETER C. KLEPONIS

Licensed clinical therapist, specializing in pornography addiction recovery.

“ Filters alone are not enough, and Covenant Eyes will help your family surf your values. ”

— DAN LOHRMANN

Author and Chief Technology Officer, State of Michigan

“ Covenant Eyes...significantly takes away the critical power of secrecy [and] makes the presence of pornography on the Internet considerably less powerful.”

— JOHN WOODHOUSE

Principal, Moore Theological College, Australia

“ The outstanding Filtering system Covenant Eyes provides will help us walk our children through what is healthy and what is harmful.”

— EMILY

Parent, Aberdeen, Scotland

SIGN UP FOR COVENANT EYES

Use the promo code **unfiltered** for your first 30 days of Accountability and Filtering for free!

Learn more and start today at

www.covenanteyes.com/protectyourhome

SIGN UP NOW FOR
 **CovenantEyes**[®]
Internet Accountability and Filtering

 www.covenanteyes.com

 1.877.479.1119

COVENANT EYES HAS HELP WHEN YOU NEED IT!

Do you have questions about Internet safety?

Want help knowing how to create an
Internet safety plan in your home?

CALL US TODAY FOR FREE SUPPORT.

8 a.m. EST to midnight EST Monday-Friday

10 a.m. EST to 6 p.m. EST Saturdays

Toll free within the US 877.479.1119

Outside the U.S. +1.989.720.8000

resources@covenanteyes.com

