

Kirk Cameron's



engage

Five practical lessons for raising your
kids in a social media generation

Five-Lesson Study Guide

Kirk and Chelsea Cameron's



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How to get it right



engage

Lesson 5

HOW TO GET IT RIGHT



LESSON FIVE STUDY GUIDE

Parents, you might feel like you're at the end of your rope. Perhaps you think that your child is "too far gone" when it comes to technology and social media. Ready for good news? There is hope for you, your child, and your family! Mark Gregston works with children who seem hopeless every day, and he has witnessed God change lives forever. Mark is a firm believer in this: It is never too late for your child. There are changes that you can begin to make today, and Mark explains how this looks different depending on what stage of life your child is in.

Remember, the decisions you make surrounding technology, discipline, and compassion for your family will, without a doubt, impact the your child's future. Put the past behind you and start engaging with your child today.

Proverbs 2:3-5 Yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God.

1. It's never too late to make a change for the better. Write down two things from your own life that seemed daunting and/or hopeless at the time, but then were resolved once you vowed to take a better approach.

Proverbs 29:17 Discipline your son, and he will give you rest; he will give delight to your heart.

2. Recall a time you had difficulty communicating with your child. How did it make you feel? Now, write down what you really think your child was trying to say. What could you have done to make it go better?

James 1:5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

3. Your children are looking to you for wisdom, and Mark said in the lesson video that wisdom is better "caught" than "taught." What are some ways you can demonstrate wisdom for your child?

Matthew 5:16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

4. As your children age, Mark advises that we switch from teaching to training. What do you think that difference looks like? Think of a specific topic, then write out how you would go about teaching that topic to your child and then how you would go about training them in it. Use an extra piece of paper if needed.

Psalms 32:8 I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

5. How are you preparing your children to make wise decisions on their own

Philippians 2:3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

6. Mark suggests that so much of parenting can be rooted in selfishness. How can you demonstrate to your child, without a shadow of a doubt, that there is nothing they can do to make you love them more or less?

Take Action

PRACTICAL APPLICATION

- Mark talked about how important it is to keep your family time from being dominated by technology. Pick one or two days this week to make any time you spend in the car and/or at dinner digital-free. Be prepared for the push-back from your kids! Remember, you are the parent, and setting wise boundaries is one way to love your child.
- Mark also discussed the importance of relationship with your child. If you have multiple children, plan to take each of them separately on a date to dinner, to the park, or even to the ice cream shop this month! While our schedules can fill up, one-on-one time with your child is beyond valuable.

CONVERSATION STARTERS

- Do you think some people use their smartphones to avoid conversations, awkwardness, or conflict? Do you think this is a good or bad thing?
- What qualities do you appreciate most about your friends and family? May I tell you what I appreciate about you?

DEEPER DIVE DISCUSSION QUESTIONS

The struggle with selfishness, pride, and idolatry in our lives and the lives of our children is a result of a deeper heart issue. We want to give one question/theme each week that will help you and/or your child look further into the heart to identify the real problem and to surrender it to God.

This week's deeper dive question is for your kids: Do you think you have a close and healthy parent-child relationship? What do you think the role of a parent is? What do you think the role of a child is? Why do you think God set it up this way? What, if anything, would you change about our relationship?

Parents, use Ephesians 6:1-4, 3 John 1:4, and Deuteronomy 11:19-21 to guide this discussion.

Additional Resources

You have taken in a lot of information, and hopefully you feel encouraged to help your child in this tech-obsessed world. As you complete this course, remember that there are multiple resources listed in these study guides that will direct you on this journey. These resources will always be there to help you and set your mind back on track as a parent.



CONNECT: Real Help for Parenting Kids in a Social Media World:

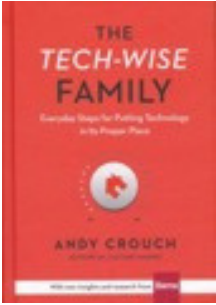
CONNECT is the movie that launched it all! It features Kirk Cameron and many of the experts you've seen in the course. It is a great overview of the issues as well as the solutions. It's now being released for digital download and on DVD.

(FREE DOWNLOAD) When Your Teen is Struggling by Mark Gregston: This FREE e-book from Mark offers biblical guidance, encouraging stories from his ministry, and a fresh message of hope.



Growing Up Social: Raising Relational Kids in a Screen-Driven World: Gary Chapman and Arlene Pellicane, one of our contributors over at TheCourage.com, will empower you with the tools you need to make positive changes starting today!

Additional Resources (cont.)



The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place: Drawing on in-depth original research from the Barna Group, Andy Crouch shows readers that the choices we make about technology have consequences we may never have considered.

Best apps for parents of teens: 50 apps for parents to monitor and track their teens' location, ensure safe driving, and more.



Stories from TheCourage.com

**Why the gospel has everything to do with
how you discipline your child**

**The ideal time to give your child a
phone**

5 free apps to help parents

For smartphones



Moment

Monitor your entire family's iPhone and iPad use from the comfort of your own phone. You can set daily limits on yourself and be notified when you go over and even force yourself off your device when you're over your limit.



Unglue

An app that will help your entire family learn healthy habits online that features scheduling, limits, and even physical motivation to "earn" more online time.



OurPact

OurPact is a simple family locator and parental control app that allows parents to locate family members and limit screen time by blocking internet and app access.



Digital Compass

From Common Sense Media, this app is a choose-your-own adventure, interactive game for iPad and iPhone. Developed for 6th to 9th graders and available in English and Spanish languages, Digital Compass lets students step into the shoes of one of eight characters to experience the twists and turns of daily digital life.



DinnerTime Plus

This app lets you monitor and manage your kid's online activities and even schedule breaks for them. You can also set guidelines for your kid's online activities like how much they can spend online, get real-time monitoring usage and history.

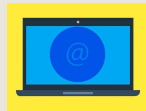
6 Facts to know about kids and social media consumption

#1

8 years old

90% of men aged 18 have been exposed to explicit pornography. The average age they first viewed it? 8-11 years old. Can you imagine that? What were you looking at when you were 8? Chances are, your kids have already been exposed to some very graphic stuff.

--The Novus Project



#2

Codes to know

If you happen to see these on your child's phone, pay attention:

IWS = I want sex
GNOC = get naked on camera
CU46 = see you for sex
9 = parent watching
PIR = parent in room
POS = parent over shoulder

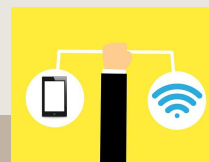
--Teen Safe

#3

Addiction

50% of teens admit to feeling addicted to their device. But get this: 28% of teens feel their PARENTS are addicted, too. (Gulp.)

--Common Sense Media



#4

9 hours

The average teen spends 9 hours or more a day consuming media. That's more than an average work day!

--Common Sense Media

#5 Made you look

78% of teens admit to checking their phones hourly. But guess what: 69% of parents admit to doing the same thing.

--Common Sense Media

#6 Sexting

Sexting, sending or viewing graphic images via a message, is rampant among teens and young adults. In fact, 63% of teachers in the UK admitted to knowing that their 14-year-old pupils were sexting.

--Irish Examiner



10 Things to know about: Facebook

1

13?

Account members must be 13 to set up an account, but this is easily sidestepped if kids lie about their age when they set up their account.

2

Friends?

"Friending" your child doesn't always mean you can see everything they post. Facebook allows users to select which friends they want to be able to see a particular post, and they can hide you from their shared content or pictures they have been tagged in. ([More](#))

3

I see you

Facebook users have the option to share their location on every post. Explain to your child why they should not do this, and change their privacy settings so your child's friends can't share your child's location, either.

4

Messenger

Messenger is an instant messaging service connected to Facebook. However, unlike most text messaging apps, Messenger can do more than send texts. A user can send pictures, videos, and money. You can also share your location, make video or voice calls, or play games with another user.

5

Messenger 'light'

There is now a [Facebook messenger for kids](#) that allows children younger than 13 to have a messaging account with limited access.

6

You decide

Each Facebook user can add as little or as much personal information as they want about themselves on their "Profile Page." This page can share details about you as a person, your photo, name, where you live, your birthday, where you go to school, occupation, interests, religion, and even your relationship status.

7

Finder's keepers

Users have the option to allow anyone to find them via the Facebook search engine. This can expose your name and personal details to the world's search engines like Google Search. Be sure that this function is turned OFF in your child's privacy settings.

8

Stop it

A user block another user from seeing their page and the content they share. If someone is harassing your child, blocking that person may be a good idea. You can block a user by clicking on the question mark at the top right on any Facebook page, select Privacy Shortcuts, then select "How do I stop someone from bothering me?" Enter their name or email address.

9

Check-up

Do you want to double check your privacy settings? First, click the "... " on your profile page, then click "View As..." in the dropdown menu. You'll see what your profile looks to the public. To see how your profile appears to a specific person, like a friend or coworker, click "View as Specific Person" to type their name and press enter.

10

Report

While many children use Facebook to connect with their friends, it's often used for cyberbullying, especially among young people. If this is happening on your page or your child's page, you can use the "report" function. You can learn how and what to report [here](#).



10 Things to know about: Instagram

1

Default

Photos and videos are public by default and can contain location data. So it's important for kids to use privacy settings to limit their audience.

2

Followers

One of the biggest draws of Instagram is the instant feedback kids can get. Collecting a large number of followers -- and flattering comments -- is a badge of honor for many users.

3

Did you know?

Instagram Direct - a function within the app - allows users to send private photos directly to other users.

4

Live

Instagram users can live-stream video, and video streams and selected private photos will disappear 24 hours after posting.

5

'Finsta'

The term "Finsta" (fake Insta) applies to accounts kids use under made-up names where they share content they only want to share with certain people. Finsta accounts are also used to post racier content and bully people.

6

#

When a hashtag sign is used in front of a word on user's caption - that word becomes a link to anyone else's public profile that also used that hashtagged word. This opens the door for your child to see photos and videos from strangers all over the world.

7

Location

Instagram allows you to share a lot of personal information, including full first and last name, age, gender, email address and phone number. Similarly, geo-tagging - one of the most popular Instagram features - can reveal your teen's location, and the exact spot that a picture was taken.

8

Tips

Instagram has created a [Tips for Parents](#) section in their app and on their website. Here you can find basic information about the app, safety tips, and how to remove a picture that violates Instagram's [guidelines](#).

9

Hiding

A user can search for people, places, and types of photos by using the search bar at the top of the screen. Unfortunately, this is also the area where your teen can find endless inappropriate material without ever using a browser. The search history can be cleared in an instant by simply selecting Clear Search History.

10

The worst

According to a [recent survey](#), Instagram is the worst social media platform for mental health among teens and young adults. The constant sharing of photos from friends and brands can result in low self-esteem, anxiety, and depression.



10 Things to know about: Kids and Porn

1

How old are you?

Most adult websites only require someone to enter their age to allow access. This makes it very easy for a child to watch pornography.

2

They're watching

93% percent of males and 62 percent of females in college reported having seen porn as adolescents, according to a 2008 study from the University of New Hampshire.

3

Addiction

Because a teen's mind is still developing, their brains are more at risk for pornography addiction than an adult's brain.

4

Trying not to

25% of teens have been exposed to porn online when they weren't even looking for it. ([Covenant Eyes](#))

5

Pocket porn

Almost 27% of teens are receiving sexts and nude texts (sexting), and almost 15% are sending them, according to findings in the Journal of the American Medical Association (JAMA) Pediatrics.

6

Criminal?

Did you know sexting can be considered child porn? By law, minors (anyone under 18) who are caught sending, possessing, or distributing (i.e. sharing with friends) nude pictures, can face major criminal charges.

7

Marketing

Many porn websites use an aggressive and strategic "marketing" strategy to bring in adolescent viewers that were not initially or intentionally seeking out pornography.

8

It's everywhere

Social media platforms have made pornography [very accessible](#) to young adults. In fact, four-in-five students do not think that social media companies are doing enough to protect them from pornography.

9

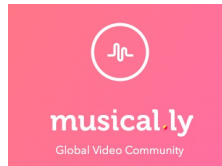
'Sex ed'

According to the National Union of Students, 60% of students surveyed said they watch porn to learn more about sex and to fill in gaps in their sexual education.

10

1,000 per second

In 2017 alone, one popular porn site got 28.5 BILLION visits. That's almost 1,000 visits a second, or 78.1 million a day—way more than the population of the entire United Kingdom. ([Fight the New Drug](#))



10 Things to know about: Musical.ly

1

What is it?

Musical.ly is a social media platform for creating, sharing and discovering short music videos. Millions of music videos are shared across the world, and it has grown to be very popular among young teenagers.

2

Beware

Musical.ly is easier than most apps to create a profile without meeting the age requirement. When creating an account, all you have to do is put in an email address, phone number or connect to Facebook.

3

Karaoke

Viewers can like, comment, share, start a “duet,” or record a video using the same music clip.

4

Predators

Users, or “musers,” have found a way to video chat with strangers through musical.ly by downloading an additional app, Live.ly. This has opened the door for sex traffickers to target young children.

5

Turn it off

If your child has an account, make sure it is set to private and that the location service is turned off for the account to avoid interaction with strangers.

6

&\$%^#

Many of the songs, clips, and audio pieces that young children have access to through the app have curse words or inappropriate content.

7

See no evil

While Musical.ly won't let you search for objectionable content such as “sex” or “porn,” it's easy to find people wearing revealing clothing and dancing suggestively by clicking on hashtags in the comments.

8

#NoFilter

Other than blocked search terms, there's no way to filter out content on musical.ly, so kids using the app on their own might come across age-inappropriate videos. Parents can and should monitor the use of this app very carefully.

9

Blocked

A user can and should report any content that appears inappropriate or offensive. You also have the option to block other users that share explicit content.

10

Bullying

Music.ly is known for cyber bullying, with children and adults targeting other young children and tearing them down in the comments section.



10 Things to know about: Snapchat

1

What is it?

Snapchat is a free photo and video sharing app. Teens love the ability to "share a silly moment" with their friends, and in less than 10 seconds, the photo disappears.

2

But wait...

Many assume that because video and photo texts, or "snaps" as they are called, disappear in just a few seconds the app is totally harmless. However, photos can be saved as screenshots. The sender is notified when this happens.

3

You agreed

When you send a Snap to someone via "Snapchat," you give Snapchat a "non-exclusive, worldwide, royalty-free, sublicensable and transferable license to use, reproduce, modify, adapt, publish, create derivative works from, distribute, perform and display such user content in connection with the services, subject to your use of privacy settings in the services to control who can see your user content." See [Terms of Use](#)

4

What's the story?

A "Snapchat Story" is a set of photos or videos that can be made public to the user's entire friend list. The story is only viewable for 24 hours, but it can be viewed an unlimited number of times during that window.

5

Snapchat 'light'

A modified version, "Snapkidz," is available for children younger than 13. They can still take Snaps, draw on them and create captions. However, the function of sending or receiving Snaps is not supported.

6

Sexting

While it is certainly not the stated primary use of the app, there have been reports about Snapchat being used for "sexting"—taking naked or sexually suggestive pictures of oneself and sending them to someone else. Kids feel a sense of false security because the pictures "disappear," but they can still be saved.

7

Regulars

If an emoji appears next to a friend's name on their snapchat list, it usually means this is someone that they send pictures and videos to often. See the meaning of each emoji [here](#).

8

Discover

The "Discover" page can be found when the user swipes the screen to the right. This features stories from different brands and news media outlets. If a story appears that a user deems inappropriate, there is no way to "hide" any of them on this page.

9

Money

"Snapcash" allows users to send each other money through the app. The terms of use require the user to be 18+ and have a credit/debit card or a checking account.

10

Be careful

Users can view Snapchat original television shows in the app. These are designed for short attention spans, and often feature content that is shocking or inappropriate. There is no way to monitor what is being viewed, and the user cannot "unfollow" these channels.

A P A R E N T ' S
T O
G U I D E

Teen Slang

2018 Edition

Welcome to the World of Teen Slang

Lost? Confused? Unable to understand your teens? Don't worry; you're in good company. Keeping up with teen slang is nearly impossible. New words are constantly being introduced, thanks to the influence of music, the Internet, apps, and celebrities (not to mention regional vernacular!). You may feel overwhelmed and lost when listening to your children/grandchildren speaking, and it'll only get worse when reading social media posts and hashtags. Use this guide as a reference for what's widely popular right now in order to translate what teens are saying.

Fun, Harmless, Silly

Adulting = To do things a bona fide adult would do. "Adulting is no fun. Why do I have to give all my money to the government?!"

Aesthetic = The new "vibe." "I don't like this artist because I don't get her aesthetic." "I love the aesthetic of this Instagram account I just found."

Bae = Before Anyone Else; also a synonym for "babe" or "baby."

Basic = A way to describe someone who lacks originality and enjoys the most mainstream and predictable things.

Dead/dying = When something is so funny, you can't handle it. **Variation: TD** (to die); "That jacket is TD. Buy it!"

Done = To be completely over a task, person, emotion, or situation.

Extra = Over the top, excessive, dramatic. "I aspire to be this level of extra at my graduation."

Fam = Family, to denote one's actual family or one's closest friends.

Finesse = To perfect or smooth things out (either physically or emotionally). "I need to finesse my shoe collection." Can also be used to refer to a person's style.

Fire = Cool, awesome. "This party is fire!" Also denoted by the fire emoji.

FR = For Real.

GOAT = Greatest Of All Time.

Gucci = Good, cool.

Hundo P = One Hundred Percent.

IRL = In Real Life.

Keep it 100 = Be true to yourself and stick to your values (short for "Keep it 100% real"). Made mainstream recently by *The Bachelorette*'s Rachel Lindsay. **Synonym: Trill** (combo of "true" and "real.")

Live/living = When something is so incredible, it's finally making you "live." Could also be said to be giving you "life."

Like recent = Using one social media platform to tell one's followers to like his/her most recent post on another social media platform. Often seen as desperate. **Synonyms: LB** (like back), **FB** (follow back).

Lit = Cool, awesome. "This party is lit!" Can also mean to be drunk or high: "Let's get lit and jump off the roof!" (Not as cool of a word as "fire" these days.)

Narrative = Something you would not like to take part in. "I would v much like to be excluded from this narrative." [Popularized by Taylor Swift](#) in response to Kanye West and Kim Kardashian.

Neglext = To intentionally or unintentionally abandon someone in the middle of text message conversation for a prolonged period of time. “I totally fell asleep last night. I didn’t mean to neglext you!”

NMH = Nodding My Head, i.e. expressing agreement or approval.

P = Pretty. “That new Netflix show is p cool.”

RN = Right now.

RT = Retweet. Also used to show agreement (because typically people don’t retweet things they disagree with). “Do you like Taylor Swift’s new hair?” “Yessss, RT RT RT.”

SMH = Shaking My Head, i.e. expressing disagreement or disapproval.

Savage = To be hardcore, fierce, bada**. Can refer to arguments, takedowns, and a general disregard for consequences.

Ship = Short for “relationship.” Used to endorse/support a romantic coupling, even one that’s not reality. “I ship Ron and Hermione.” “I see a ship developing!” **Synonym: OTP** (One True Pairing).

Shook = To be so completely surprised, scared, or caught off guard that your body is shaking.

Snatched = Another slang term for looking good. E.g. “Your outfit is snatched.” Older, less-used synonyms: On fleek, on point.

Squad = Friend group. Often used as #squadgoals, meaning, “I hope my friends can someday be this cool!” **Newer, cooler synonym: Tribe.**

Straight Fire = Hot or trendy. “That outfit is straight fire!”

Suh = [A greeting](#); a combination of “sup” and “huh.”

Take the L = Take the loss. Can be used in any situation where one comes out behind.

Antonym: W (pronounced “dub”); “That’s a W!”

TBH = To Be Honest.

TFW = That Feeling When. “TFW you accidentally spill your Venti Frap all over your car.”

Turnt = Short for “turned up,” which means either really excited (“It’s New Year’s Eve, so of course I’m turnt!”) or drunk (“It was rough to go to brunch today because I was so turnt last night.”).

V = Very. “I’m v excited to binge *Stranger Things* 2 this weekend!”

Weak = Used to mean “That was funny!” Originates from that weak feeling you get when you laugh really hard.

Be Aware Of

AF = As F***. Used to emphasize something: “It’s hot af in here.”

Cancel = To delete someone or something out of your life. “I cancelled that guy from Tinder. It wasn’t working out.”

Curve = To reject someone romantically or sexually.

FOMO = Fear Of Missing Out. Many teens feel this because of social media’s ability to highlight everyone else’s activities. **Antonym: JOMO** (Joy Of Missing Out, i.e. finding joy in one’s ability to commit to and enjoy one thing at a time.)

Gatsbying = Intentionally posting something to social media to attract one’s romantic

interest's attention. So named after the elaborate parties Gatsby threw to get Daisy's attention in *The Great Gatsby*.

Ghost = To stop responding to one's texts, messages, posts, etc., effectively disappearing from their digital world.

Haunt = To occasionally view, comment on, or like posts from someone with whom you were once romantically involved, as if to intentionally remind them, "Hey, I'm still here!" Typically the other person will feel creeped out.

HBIC = Head B**** In Charge.

Hunty = Combination of "honey" and "c****." It originated in the drag queen community as a slight insult, but it's starting to be used amongst groups of girls as a term of endearment.

Igging = Ignoring (made most famous by the song "Tunnel Vision" by Kodak Black).

Jocking = Copying someone else's style. From Bruno Mars' song "24K Magic."

Low Key = A warning that someone doesn't want everyone to know what they're saying. "Keep this low key." **Antonym: High Key** (i.e. not trying to hide it; straight up proclaiming it to the world).

Mooning = Using the "Do Not Disturb" mode (denoted by a tiny moon on iPhones), which turns off notifications, on a specific conversation so as to mute/ignore them.

Murk = To kill, dominate, etc. Often used in reference to video games.

Sip Tea = Mind one's own business. Usually means you don't want to get involved in the drama, but you have no problem watching it from the sidelines while comfortably sipping tea.

Salty = To be bitter/angry/upset. "She was salty because she lost."

Skurt = To leave.

Stan = Abbreviation of "stalker" and "fan"; refers to an overly obsessed, maniacal fan of a celebrity. (Also originates from the main character of Eminem's song "Stan.") "Those Taylor Swift stans are creeping me out."

Sus = Short for "suspect." "My bank card got declined. That's sus."

Throw Shade = Give someone a dirty look or say/post something mean about them.

Trash = When something or someone comes off as classless or tasteless. "Did you see the trash everyone is saying about Beyoncé?"

Vaguebooking = Intentionally posting vague Facebook status updates, either for attention or as a cry for help. E.g. "Wondering if there's a point to anything."

Woke = To be fully aware of current events; living in a state of awareness that is above expectations. "Stay woke, son!"

Red Flags

9 = Parent watching!

Breadcrumbing = Sending out flirtatious, but noncommittal text messages to members of the opposite sex in order to lure a sexual partner without expending much effort.

Break Green = To share marijuana with others.

Catfish = Someone who pretends to be someone they're not on social media, either for dating or sexual purposes.

CU46 = See You For Sex.

D = Short for d***. “She just wants the D.”

Down in the DM = Using private messages (DM=Direct Message) on social media to ask for nude photos and/or to filter through people to find a casual hookup.

GNOC = Get Naked On Camera.

Hooking up = Has various levels of meaning. Could refer to anything from making out to having sex.

Netflix and chill = A euphemism for hooking up. Someone uses the pretense of watching Netflix as a reason to hang out or “chill,” but really has no intention of actually watching anything.

NIFOC = Naked In Front Of Computer.

NP4NP = Naked Pic For Naked Pic.

NSFW = Not Safe For Work. Used to mark something as sexually inappropriate or explicit.

POS = Parent Over Shoulder.

Scarfing = Intentionally strangling oneself (with a scarf or other material) during sex or masturbation to decrease blood flow to the head and therefore increase pleasure during climax. Many young men have accidentally committed suicide while scarfing.


Smash = To have casual sex.

Stealth = Secretly removing one’s condom during sex.

Thirsty = Desperate, eager for something; often refers to one’s sexual appetite or desire to gain attention on social media.

A Final Thought

As you can see, there’s a lot to keep track of! We hope knowing these terms helps you discern when your teens are just engaged in harmless fun and when they’re in need of intervention. *One caveat:* Teens are all about authenticity. They can smell inauthenticity a mile away. So carefully consider the choice to add these words to your vocabulary. Your teens may think it’s cool or funny that you’re using them . . . or they may find it totally uncool and therefore be embarrassed by your use of them.


We’re creating more content every day! If you found this guide helpful and valuable, check out axis.org/guides each month for new Guides covering all-new topics and for other resources.