



MICHAEL VLADECK

BRINGING FORTH PERSONAL COACHING AND COUNSELING

For Individuals, Couples, and Families with teens

UNPLUGGED AND POWERED DOWN

Raising Kids in a Digital Age:

*Solutions & Strategies for helping kids find balance
with phones, computers, TV's, and gaming
...with peace rather than power struggles*

Version #7, May 2015. [Click here for the most recent version!](#)

Remember, the most helpful thing you can do for your children is to raise them in a way that helps them develop emotional intelligence, critical thinking and an authentic sense of self-worth. This way, when confronted with risky choices, they will make better choices than they would otherwise, or learn more quickly from mistakes when they make them. Also, make the culture of your family be one of connection, trust and receptivity - if it is not, then get your family some support. And, as I mentioned in the talk, consider that privacy and the use of technology are not rights - rather, they are privileges that are earned.

- I. Fundamental Strategies to create balance
- II. Technology-Specific Strategies
- III. Treating Screen Addictions
- IV. Educational Videos to watch with your kids
- V. Resources: Great Books
- VI. Resources: Great Articles
- VII. Resources: Great Websites
- VIII. Parental Controls & Monitoring Software
- IX. Knowing some of the Harsh Realities

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I: The Fundamental Strategies

Basic framework for strategies that creating balance
with technology
- *with less power struggle*

#1: Work on yourself

Parenting is less a strategy and more a way of being. Become emotionally and mentally the healthiest person you can possibly become with this life of yours - go for it: as it will radically impact your parenting. It will impact the adults your children will become (which is especially more needed in this digital age). Do whatever it takes to heal, grow and evolve. Get support in breaking out of old habits and blind spots and learn to create deeper connection with your own inner world and those of your children.

Many of our recurring problems stem from lack of awareness about our own patterns. When we are unmindful of our patterns of excuses, fears, biases, and attachments, we tend to focus on externals. From that place of blindness, we blame others, bemoan life, and work furiously to change people and circumstances. Sadly, we neglect the urgent and abiding need to look within and work fervently to change our own patterns and perceptions.

- Sheikh Jamal Rahman

#2: Walk the Talk

If you are not balanced with YOUR screen addictions and excessive use, don't bother trying to support them in having balance with theirs. Take full responsibility for yours, and address it. Get support. You can even find some answers by looking for support online - Here are some examples:

[Beating phone addiction](#)

[Adult internet addiction camp](#)

[Email/phone addiction](#)

#3. Become computer literate

Raising kids in the digital age requires you to educate yourself and what is out there. There are many websites and videos that can teach you about every single aspect of technology, it's risks and creating healthy habits.

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#4: Raise a Healthy Child

Do you know how to help them cultivate emotional intelligence, critical thinking, self-worth and authentic communication skills?

Most parents are not that great at these things, specifically. Get support, [join one of my parenting classes](#), read articles, books on parenting. All their choices come from this foundation.

#5: Relationship before rules

Relying too heavily on methods of control will only create power struggles. Creating understanding and connection is the foundation upon which all the strategies stand.

#6: Start conservatively

It's easier to give them more slack as they earn it, than it is to take it back once they've had it. This is the essential to avoiding excessive entitlement.

#7: Privacy & Guidance: Avoid re-enacting “Lord of the flies”

Kids need guidance, as they live in a world of intense and excessive pressures while not yet knowing who they are - creating opportunities to lose themselves greatly, or get stuck walking down dangerous paths. Privacy is not a right for minors, for specific reasons. Kids need to earn certain kinds of privacy - this way you are not protecting them from life, but preparing them for it.

#8: Track their levels of understanding

Help your children become aware of issues and the forces that influence their choices. Explore with them what they know about the various aspects of screen addiction, social profiles and connections, cyber-bullying, sexting, reputation management, marketing, pornography, etc - when you feel they are ready for such discussions - yet don't wait too long.

#9: Learn with them

You don't need to be a master to explore these topics with them - learn by their side.

Assure that they are educated by learning with them, through videos, articles, and regular dialogue. Your role in this will support their critical thinking and perspective. Pick a topic and google it. Search for videos or articles that you can watch or together - quality education or entertainment. Examples of topics and videos to watch with your kids are below.

#10: Make a Family Use Contract

You'll likely need to make some adjustments to these contracts so they work more specifically for you family.

Here are some ideas:

[From PureSight](#)

[From Common Sense Media](#)

[From Psychology Today](#)

["Flipped Parenting" Article and example](#)

The App "[Ignore no more](#)" - locks their phone if they ignore your call.

#11: Keep the computer in a common area

Keep it where you can monitor their use to some degree. Avoid putting a computer in a child's bedroom.

#12: Limit Multi-tasking opportunities

Have devices with games and apps on a **SEPARATE device** than the one they do homework on.

#13: Gather up all devices at night

Charge them in your room

#14: Set limits on time usage

Have black out times, tech-free zones, and time-limits on usage (to the degree that you can hold them accountable)

#15: Be in control of internet usage in your home

You can control this through your router's setting (through the website of you ISP - Internet Service Provider), or through OpenDNS or other parental controls listed below. ***Know that your child may be able to access internet through their phone line, using their phone as a wifi hotspot (which [you may be able to disable](#)), or using a neighbors open wifi.

#16: Support authentic, in-person, tech-free connection time

...with their friends, or new kids and groups. During "play dates" require time that is tech-free (collect or shut down their devices). Virtual relationships are not an adequate substitute for non-virtual ones. Consider having your kids join my [Authentic-Relating Teen Groups](#).

#17: Get them out in nature for *extended periods* of time!

Do this *every single year*... as it will help them reconnect with who they *really* are, beyond the social image that they can confuse themselves with, and free of the distractions that divide them from their deeper experiences. It will reconnect them with who they are beyond who they are trying to be.

Why nature?

Nature is unique in the way it helps us experience ourselves in that we can't project our issues as well onto the natural world - and this creates a more inward, accountable and reflective process. Nature also gives us feedback in a way that nothing else does - clear, blunt, indifferent and to the point: This supports a kind of learning process that fosters deeper self reliance and self-resourcing.

The reason I encourage extended periods of time in nature is because it takes about 4 days to unwind, and another few to drop in more deeply, and another few to recalibrate their nervous system to this more authentic and regulated place. I strongly believe most kids need at *minimum 2 consecutive weeks, 2 times each year. (This strong belief of mine stems from running 4-week trips with teens for over decade. It really does work to create balance and self-connection like nothing else I've ever seen do).*

For longer trips you may need to send them to organizations similar to [Outward Bound](#), [Woman's Wilderness](#), [National Outdoor Leadership School](#), or camps **that do not allow** phones or internet (many actually still do).

Here is a list of a few local outdoor opportunities (near Boulder, Colorado). If you are living elsewhere, research your local options:

<http://www.coloradoritesofpassage.com/programs.html>

<http://laughingcoyoteproject.org>

<http://wildbear.org/wild-workshops/#>

<http://www.thornenature.org/>

<http://www.cottonwoodinstitute.org/>

<http://wayofthewild.org/>

<http://www.coloradowildernessridesandguides.com/>

<http://www.OutwardBound.org>

<http://www.NOLS.edu>

For girls/women only:

<http://www.womenswilderness.org/>

<https://www.facebook.com/thresholdjourneys>

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#18: Know the recommended Guidelines

Though most parents don't follow them at all, there is science behind these recommendations.

Technology Use Guidelines for Children and Youth

Developmental Age	How Much?	Non-violent TV	Handheld devices	Non-violent video games	Violent video games	Online violent video games and or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day	✓	never	never	never	never
6-12 years	2 hours/day	✓	never	never	never	never
13-18 years	2 hours/day	✓	✓	limit to 30 minutes/day		never

The above Technology Use Guidelines for children and youth were developed by Cris Rowan, pediatric occupational therapist and author of *Virtual Child*; Dr. Andrew Doan, neuroscientist and author of *Hooked on Games*; and Dr. Hilarie Cash, Director of reSTART Internet Addiction Recovery Program and author of *Video Games and Your Kids*, with contribution from the American Academy of Pediatrics and the Canadian Pediatric Society in an effort to ensure sustainable futures for all children. From http://www.huffingtonpost.com/cris-rowan/10-reasons-why-handheld-devices-should-be-banned_b_4899218.html

[When introducing younger children to digital devices and media](#)

#19: Establish the *privilege* of it / Safeguard against entitlement

It's not a right, but a privilege. Explore the difference with them.

#20: Create a shared email account (for younger children) - This will allow you can monitor who is sending them messages.

#21: Teach your child about the specific dangers of the internet -

Discuss rules for your kids to follow to maintain the privilege:

- If it's not OK to say or show or do offline, it's not OK online
- Never reveal personal information (including address, phone number, school name or location.)
- It IS addictive for most, so establish that you will monitor that
- Be kind to those you communicate with
- Educate! Share with them age-appropriate educational videos (below)

#22: Bookmark your child's favorite sites (for younger children)

This will keep their use habits focused, create easy access, and limit the chance they'll access inappropriate content.

#23: Help their brains develop in a balanced way!

Make sure you are not leaving it up to them and "life" that they'll choose such things over excessive screen use.

- Attention and Focus-cultivating activities

- like reading, certain games, climbing, dancing, writing

- Imagination and creativity-cultivating activities

- Art, building things, unstructured time, story telling

- Relational-development games

- Where they interact non-virtually with others

- Board games, card games, play games (think about your childhood)

- Unstructured play time

- It'll help them develop their brain in more well-balanced ways.

***Games like chess, projects like origami, experiences like cooking with you, repairing projects with you, listening to different kinds of music with you, and even exploring fun, educational magazines, books and even websites - these all have profound impacts on development.

II. Technology-Specific Strategies

Addressing specific issues with specific devices & apps

For Phones

1. After making a Phone Use Contract, [like this one](#), or [this one](#), assess if they are following through with their commitments to habits and usage.
<http://www.cyberbullying.us/technology-use-contract-2014.pdf>
2. Know what are they capable of - if they have internet access, they can have access to everything in the world wide web.
3. Learn how to set the parenting controls on the device
4. Establish phone-free times, situations and zones: homework, family time, dinner, conversations, sleep or general times (times for non-virtual living). Have them put their phones in your bedroom or kitchen before they go to bed.
5. Look at the times their calls and texts come in and out to be sure you know your kids' habits - are they using the phone at school or 2 AM?
 - Let them know you'll do this in the name of accountability
 - Usage is stored on the account page of your service provider's site
 - Remember, you can set limits with your service provider
6. Look at the number of texts they make each month - and decide if you need to give some structure.
 - You can set limits with your service provider for this too - even blocking certain numbers or enabling a specific few.
7. If you feel you need to monitor your child's activity and they have a smart phone (which is not generally a good idea as it's very addicting and dramatically increases their exposure to everything), you can look at www.teensafe.com.

For Computers, Phones, Ipad Touch/Ipads, etc

1. Create clear “use contracts” (see #9 in Fundamentals, above)
2. Know what apps they use
3. Empower them to not use their devices at certain time - if they do, which you can tell through monitoring, then support them by collecting devices when you don't want them using them. Give them opportunities to learn how to find the balance on their own - but find the right tension on that tether.
4. Establish tech-free times, situations and zones: homework, family time, dinner, conversations, sleep or general times (times for non-virtual living).
5. Enable Parental Controls and/or potentially Monitoring Software
6. Talk to other *skilled* parents about their resources and strategies
7. Check the computer's “history” - but know that computer-savvy kids will either erase the history (an erased history is a red flag) or browse privately online via “incognito windows” ([like this one](#) for Chrome).

For Television

1. Consider not having it be a central part of the house, or not having one at all.
2. Set a GREAT example - Model by limiting your own use.
3. Consider having weekday bans.
4. Keep TV's out of bedrooms - let that be the one space reserved for more reflective time and good sleep. TV's in bedrooms often get watched too often.
5. Black-out times - times where they can't use it: homework, family time, sleep or general times (times for non-virtual living).
6. Timers and restriction tools
 - [TV Timer BOB](#)
 - [Time's UP Automatic TV and Game Timer](#)

For anything electronic...

There are also plug locks that you can buy (in the case of more severe screen addictions). It is very controlling and not relational, so only use these, if you ever do, wisely.

- [VoltBolt](#)

For Social Media

Facebook, SnapChat, Tumblr, Myspace, Twitter, Instagram, etc

1. Know what social media platforms they use, and educate yourself about them. You can find information online or in my resources below.
2. Often there are websites and even videos on Youtube that can tell you what you need to know about all of these sites.
3. Explore what “friending” does and doesn’t mean - Talk to your kids about what it means to them.
4. What kinds of information and pictures do they post? And why?
5. Know how the Parental Controls and Privacy Settings for each website work, *and learn to use them well.*
6. Flagging pictures - if your child receives inappropriate pictures that they tell you about, know that you can flag them, and you can report that use to the admin of that site.
7. Black-out times - times where they can’t use it: homework, family time, sleep or general times (times for non-virtual living).
8. Most sites have info for parents - [here is the one for Facebook.](#)
9. A touchy one - **If your child has behaviors** that are concerning to you, **and** if they also block you from seeing their Facebook page, or block you from seeing what they post on their page, you might want to consider having someone who has full access to their site report back to you about any red flags they post. Yes, this is to say “spy” on them. I say this because a tremendous number of times parents have been able to intervene with better parenting because they found out important and unhealthy things their kids were posting - via words or pictures. Monitoring Software is also an option.

For Social Media - *Reputation Management*

This is important, of course. More important if you know they may have been a bit reckless with their online presence.

#1: Talk to them – do they have a healthy self-image? How secure or insecure are they, and how do they present themselves online that is different than who they really are? Do they need support?

#2: Go to Facebook, Tumblr, Twitter, etc and research Privacy Settings and Parental Controls.

#3: Google your child's name - what are they linked to?

#4: If there is harmful content about them

- Contact site admins to remove harmful links (which won't always work).

- Untag photos that create a poor image.

- Flag a photo if it is inappropriate – You can potentially get the site's admin to remove it (but this unfortunately does not mean it still won't show up elsewhere).

- If its in a blog, contact blog author.

- Familiarize yourself with the “parent controls” and “privacy settings that the site may have.

- “92% of collage recruiters in 2012 viewed the online profiles of potential candidates.” Do a Google search for “[reputation management](#)” to find out more tips, tools and online resources. There is now an industry that focuses only on this topic.

For Video Games

1. Look at the [ratings](#) of the games your kids have.
2. Preview the games your kids play and want you to buy for them - find this by searching online.
3. Set time limits for use - or make some system that creates balance (like 30 minutes/day only if they play without screens for 90 minutes/day).
4. Black-out times - times where they can't use it: homework, family time, sleep or general times (times for non-virtual living).
6. [Gaming Addiction treatment options](#)

III. Treating Screen Addictions

1. Walk the talk as parents - model non-obsessive or addictive behaviors
2. Explore with them what their excessive usage is about - note any emotional charge that arises in what they are sharing and follow that to create more understanding. Note their habits and usage - are they mostly on social media, educational sites, gaming, etc.
3. Educate them: Watch videos and read about the impacts of addictions.
4. Make a Family Use Contract
5. Encourage them to try to regulate themselves, letting them know you'll have to step in if they don't. *"Choose wisely or be blocked and monitored"*.
6. Set Limits: Black out times, tech-free zones, tech-free situations, and time-limits.
7. Software Monitoring, Parenting Controls, collect their devices
8. Get support to work with anxiety and discomfort - help them learn how to process emotions and become self-resourcing.
9. Don't keep apps and games on the same devices homework is done on, and block social media sites on that device
10. Get them physically active
11. Structure their time - so they engaged in good things. Addictions are very hard to break, so support them by giving them things to do, even if it means enforcing it.
12. Play games with them, make art, listen to music - help them rekindle their curiosity and imagination (it may have waned).

12. Time in nature away from media
13. Follow through on what you say you'll do.
14. Don't give computer time as a reward, but you can take it away as it's a privilege - no earning more screen time. It's preset. No more, but they can lose it.
15. No screens in bedroom
16. secure your wireless router
17. Make sure ALL push notifications are turned off (alerts of new emails, messages, etc)
18. Don't Escalate: Let them throw their fit, they will object - don't get angry. If you are feeling overwhelmed to the point that you are reacting in a way that escalates the conflict, get support. Don't wait.
19. You do not need to negotiate, if you do, you may be negotiation with an addict
20. Internet addiction / recovery camps, if necessary

Camps/Centers:

- CampGrounded.org
- [reStart Center](#)
- NetAddiction.com
- [Article on camps and centers](#)

IV. Videos (and Articles) to watch with your kids

Cyber Bullying

Google videos for [cyber bullying](#)
[Ryan Halligan Story](#)
[Rebecca Sedwick Story](#)
[To This Day - Shane Koyczan](#)

Sexting

First of all, know this is some of what you are up against:
Articles like this: [4 Tricks for Your Steamiest Sexts Yet](#)
And **many more** under web: [sexting tips](#) or videos: [sexting tips](#)
Google videos for [sexting](#)
Instead, google: [sexting education video](#)
[The Jessie Logan Story](#)
[Sending Sexts can mean Sex Offender](#)

Screen Addiction

[Can we autocorrect Humanity](#)
[Look up](#)
[Teen becomes a “shell” of himself](#)
Google videos or articles: [screen addiction](#)

Gaming Addiction

Search videos for [gaming addiction](#)
Search web content for [gaming addiction](#)

Cell Phone Addiction

[I forgot my phone](#)

Texting and Driving

[Video - It can wait](#)
[Documentary - Don't Text While Driving](#)
[Documentary - From One Second to the Next](#)
[The Number 1 Cause for Teen Deaths](#)
[TextingAndDrivingSafety.com - stats](#)
[Leading Cause of Death For Teen Drivers](#)
[Pedestrian Deaths rise 50% from Distracted Drivers](#)

Social Media

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Video - The innovation of Loneliness

Video -The impact of Social Media on Brain

(...at 00:04:30 - impact on brain development)

Corporate Marketing

Consuming Kids - The Commercialization of Childhood

- If this video is no longer available here, do a search for it.

Consuming Kids - Extra: What Parents Can Do

Media's Portrayal of Women

Miss Representation

How the media failed women

5 Minutes of what the Media does to Women

Media and the distortion of body image

Dove Real Beauty Sketches

Dove Evolution Commercial

Real woman to fake woman in one minute

Gisele's Under Armor Ad

Cultivating Healthy Masculinity

The Mask you Live in (and here as well)

Video - Boys and Body Image

Movie - Tough Guise

SnapChat

Hacking photos - images do get copied (and here as well)

AskFM

Dangers - [web](#) and [videos](#)

Chat Rooms

Video - The Parlor

Dangers search: [video](#) - [Web](#)

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Pornography

[The Great Porn Experiment](#)

[YourBrainOnPorn.com](#)

[5 reasons why men must give up porn](#)

[Why I Stopped Watching Porn](#)

[The Science behind the theory of porn addiction](#)

[Pornography decreases grey matter?](#)

Relationships:

[thatsnotcool.com](#)

[loveisrespect.org](#)

V. BOOKS

Educational Resources for Parents

These days, as more and more studies occur, more and more books are coming out:

Here are a few of them:

[The Shallows: What the Internet is Doing To Our Brains](#)

by Nicholas Carrs

[Raising Generation Tech: Preparing Your Children for a Media-Fueled World](#)

By Jim Taylor

[The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age](#)

by Catherine Steiner-Adair

[The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World](#)

by Howard Gardner and Kate Davis

[Alone Together: Why We Expect More from Technology and Less from Each Other](#)

By Sherry Turkle

[Personal Connections in the Digital Age](#)

by Nancy Baym

And you can always do internet searches for books like these:

[365 TV-Free activities you can do with your child](#)

[365 Outdoor Activities you can do with your child](#)

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VI. WEBSITES

Educational Resources for Parents:

These are my current favorites

My top all-around best resources for parents on living balanced with digital media

internet-safety.yoursphere.com

onguardonline.gov

commonsensemedia.org

NetLingo.com

[A Thin Line \(from MTV\)](#)

[Netsmarts](#)

[Cyberbullying Research Center](#)

[The Center For Internet Addiction](#)

Additional Website resources:

[Keeping Children Safe Online](#)

[Staying Safe on Social Network Sites](#)

[Internet safety for Children - numerous excellent articles](#)

[Norton's Family Resources](#)

[Norton's Online Safety Guide](#)

[Protecting your computers, phones, etc from Attacks and Threats](#)

[Talking to with Kids About Being Online](#)

Kid specific:

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Heads up: Stop. Think. Connect

Norton: 10 Tips for Teens

VII. ARTICLES

Educational Resources for Parents

(There are now MANY out there - these are some great ones)

Too much screen time can create more psychological difficulties

Gray Matters: Too Much Screen Time Damages the Brain

The Impact of Social Media on Children, Adolescents, and Families - a clinical report from *The American Academy of Pediatrics*

10 Reasons Why Handheld Devices Should Be Banned for Children Under the Age of 12

Effects of too much screen time - the decreased ability to recognize emotions

The Secret Language of Girls on Instagram

Electronic Screen Syndrome - from Psychology Today

Is social media giving your teen a negative body image

"Selfie Enhancements: Kids feeling more pressure to be "camera-ready" -- as if to say that the only way to be valued is to appear sexy.

[Why Kids Sext](#), The Atlantic, November 2014

VIII. Parental Controls & Monitoring Software

CREATING USE CONTRACTS, ENABLING PARENTAL CONTROLS, AND USING MONITORING SOFTWARE***

***Please remember that these controls may not be effective on their own, and can in fact strain the relationship with your child further... without the foundation of greater respect, compassion and understanding. For such connection and communication to be mutual, you as the parents are the ones who'll likely need to open to the new relational methods we explored during the presentation. **Your connection to your child is always the first and most foundational aspect of supporting them in becoming balanced with who they are in the digital-age they are growing up in. This is also essential if you want increase the chances that your rules will be respected.**

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## **Parental Controls**

Do an internet search the specific device, website, game or application that is being used and how to set up the integrated parental controls. Most will have them to some degree.

It's important to note, that there are ways to bypass many controls. If you do a search of "how to bypass [the name of the control]" and you'll see that there may be easy ways to get around it. See more under the Harsh Realities section, below.

**[OpenDNS parental Controls](#)**

[webcurfew.com](http://webcurfew.com)

**[Enabling Google's Safe search settings](#)**

**[Enabling YouTube's Safety Mode settings](#)**

**[Setting up Parental Controls for Xbox](#)**

Setting up Parental Controls **Nintendo**

Setting up Parental Controls for **World of Warcraft**

Parental Controls on **Windows**

Parental Controls on **Mac OS X** - [Here](#) and [Here](#)

**iPhone** parental settings

**Windows Phone** Family Settings

**iTunes** safety settings - how and why

**iPod Touch** parental settings

**Disabling Facetime** on any Mac Devices

Why **Security Software** is actually important

**Explanation of various parental controls**

## **Monitoring Software For Phones:**

For many of these, you can find customer reviews on [amazon.com](http://amazon.com)

[teensafe.com](http://teensafe.com) - works through iCloud and very well designed

[cell-phone-parental-control-software-review.toptenreviews.com](http://cell-phone-parental-control-software-review.toptenreviews.com)

[download.cnet.com/android/monitoring-software/3150-2162\\_4-0.html](http://download.cnet.com/android/monitoring-software/3150-2162_4-0.html)

[code9mobile.com](http://code9mobile.com)

## **Monitoring Software For Computers:**

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New kinds are constantly being developed and upgrades are often made – it's a competitive market. You can search "computer monitoring software" through Google. Below are a few. Cross reference them. And like above, you can find customer reviews for many of these on amazon.com

-

[internet-safety.yoursphere.com](http://internet-safety.yoursphere.com)

- click the link called "software solutions"

[monitoring-software-review.toptenreviews.com](http://monitoring-software-review.toptenreviews.com)

[topsoftwarereviews.net](http://topsoftwarereviews.net)

[pcmag.com/products/26690](http://pcmag.com/products/26690)

[remote-monitoring-software.topfiveawards.com](http://remote-monitoring-software.topfiveawards.com)

[wellresearchedreviews.com/computer-monitoring-software-reviews.html](http://wellresearchedreviews.com/computer-monitoring-software-reviews.html)

[monitoringsoftwarereviews.org](http://monitoringsoftwarereviews.org)

## IX. Knowing the Harsh Realities

### **The more addicting for you, the more revenue for them:**

Virtually all websites are about creating revenue, so the more they get you to click, the more they are winning. The more they can have you see, listen to, or click on ads, the more they win. They don't care about your child's, or your, personal development. They want your dopamine levels/drive-to-keep-clicking-for-stimulation to remain high.

### **Infinite Choices that are set up like the structure of porn sites:**

#### **Free online games for kids:**

<http://www.hotcaper.com>

<http://www.games2win.com/en/>

<http://www.acool.com>

<http://www.dressupgames.com>

<http://www.addictinggames.com>

For older kids and young adults, the layout is the same and the content more disruptive.

### **Click Baiting:**

The incredibly pervasive and manipulative source of time-wasting by using eye-catching images or titles on links to other websites that encourage a viewer to click, creating revenue by a pay-per-click model, or by leads to other websites. They use marketing methods that trigger base emotional responses through controversy, sex, hopes of empowerment or fear of missing out.

You can see it on the side bars or at the bottom of common site, like these:

<http://cnn.com>

<http://www.huffingtonpost.com>

And there an infinite number of sites that only have click bait, like:

<http://www.buzzfeed.com>

<http://www.yourtango.com>

<http://thechive.com>

*“Why even athletic women can't do pull-ups”*

*“OMG! You'll ever believe what this child does. At 00:30 you be amazed!  
At 1:27 you'll never be the same!”*

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*“11 pictures of adorable animals who got rescued - it will make you cry.”*

*“How you can tell if he really likes you or your friend.”*

**A couple of darker example of how the Web can get used for self-esteem:**

Google search: [Pretty or Ugly](#)

Youtube search: [Pretty or Ugly](#)

Google Search: [selfshot](#)

**Empathy damaging viral trends** - links to such sites are on the majority of sites kids and young adults get drawn to.

Google: [epic fail videos](#) or [epic fail pictures](#)

**How *instantly* porn can appear:**

Google: [self shot](#)

Google: [rateme](#)

The list of such search items goes on and on and on and on.

Look at the first site that comes up for [exgirlfriend](#)

**Many blocks you put on can be bypassed.**

Google: [How to bypass wifi password](#)

Google: [How to bypass lock screen](#)

Google: [How to bypass monitoring software](#)

Google: [how to bypass parental controls](#)

Google: [how to bypass parental controls on world of warcraft](#)

Google: [how to bypass family account on windows](#)

Etc....