

Today's Technology, Sexting, Pornography and Healthy Relationships Parent Education Seminar

This parent program focuses on the impact technology, sexting and pornography are having on the physical, emotional and social health of our youth. Participants will learn practical ways to help their children develop healthy relationships based on love, respect and trust. Information will be presented on helping teens overcome addiction, specifically with regards to technology and pornography. The impact of parent-child and school connectedness will also be presented with practical ways parents can help.

Introduction/Technology

There are both positive and negative uses of technology.

Basic human needs- how they are or are not being met impact decision making.

Teen brain development- understanding teen's still need guidance and support through the mid-20's.

We live in a sex-saturated society, and there are key impacts on our cultural values and health.

Sexting

40% of teens and young adults have *sent* a nude image; 60% have *received* one.

There are legal implications for sexting, and also social and emotional risks.

Pornography

The average age of first exposure to pornography is 8 years old.

37% of teens seek out porn daily, weekly or monthly. 49% of teens come across porn daily, weekly or monthly.

Pornography is being called "the new sex education" of our children, and yet communicates many lies.

Pornography has physical, emotional, and social impacts on all involved.

Healthy Relationships

Healthy relationships are based on respect, honesty, freedom, trust and giving.

Parents can set healthy boundaries for technology use.

Parent-child connectedness is protective for many risky behaviors.