

Things you can do...

Things you can do for your family...

1. Put Internet filter programs on all computers used by your children.
2. Monitor children's internet use maintaining access to their e-mail, Facebook, and other Internet accounts.
3. Look carefully through the magazines in your home. Cancel subscriptions to magazines that carry inappropriate imagery.
4. Look carefully through your DVD and video closet. Remove films and programs with inappropriate imagery. Don't automatically assume that PG-13 material is safe.
5. Block access to cable channels with inappropriate content.
6. Watch TV as a family. Carefully monitor commercials and prime time programming for teachable moments. There is no 'family hour' that you can automatically trust.
7. Don't automatically assume that PG-13 films are safe. Hollywood is not interested in protecting your kids. They are interested in making money – and sex sells.
8. Speak with the parents of your children's friends to make sure your child is spending time with those who are supporting your standards. Be willing to be unpopular.
9. Make sure all devices with screens are in walk-through rooms in your home. No computers or televisions in bedrooms.
10. Use "teachable moments" to talk with your kids when you see a billboard, music video, TV or magazine ad, etc. that degrades and objectifies women or men.
11. To discourage "sexting" consider buying your teen a cell phone without a camera.
12. Lead by example. Make sure you aren't watching or reading something you would tell your kids not to watch or read.
13. Get another adult to be a mentor in your teenager's life. They may hear be more open to hearing a message on this issue from someone who is NOT their parent.
14. Watch the Somebody's Daughter DVD and/or listen to the CD as a family. Then talk about it. The content is appropriate for ages 12 and up.

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