



Towards Technologically Healthy Families

An analysis of Web Chat,
Cyber bullying, 'sexting'
and Pornography.

Collett Smart

Overview

- A look at today's Media
- Children and the Internet
- Signs of cyber bullying and 'grooming'
- Pornography risks
- Other people's stories
- The 4 A's – The 'why' of addiction
- The 'Brain Science' of addictions
- Signs of addiction in clients
- Safety measures
- Help for addictions

Hollywood teaches our children about sexual intimacy

The media derives our reality – It teaches ideas couched as ‘guidance’. It indicates that Sex is a normal, natural urge that should be readily and fully expressed between any consenting individuals – if it feels good, then just do it – Oh... but do it ‘safely’!

Magazines have a back cover – an end point!

How are we caught up online?

Discussions on Cyber bullying and Pornography risks

- Email
- Facebook, MSN, My Space, Twitter, bebo
- YouTube
- Webcams
- Chat rooms
- Mobile phones
- Online Games

A case study

Izzy's Story

What are the consequences of 'sexting'?

Taking, sending or receiving sexual images of a minor is illegal.

http://www.community.nsw.gov.au/DOCSWR/assets/main/documents/PARENTING_SEXTING_FACT.PDF



Signs of bullying or targeting

- Discussion
- Findings

Internet Pornography – a Drug Dealers Dream Come True (Kastleman)

The 4 A's of the Internet:

- A
- A
- A
- A

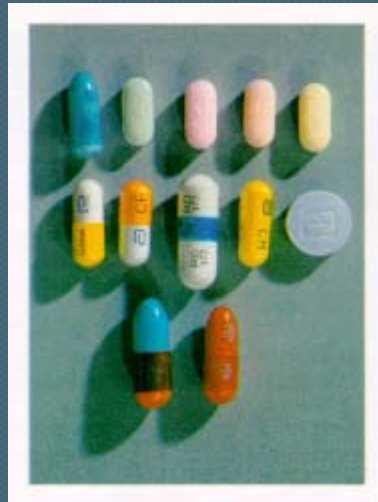
The Brain Science of Addictions

Behaviours are in our DNA but we are NOT just slaves to animal instinct and DNA. We have the capacity for reasoning and choice!



The Psychopharmacology of Pornography Addiction:

- Is pornography a drug addiction?
- Does it lead to chemical dependency like tobacco, cocaine, alcohol?
- But you can't ingest/inject it?



triggers



Diagnostic criteria:

- The signs of a Pornography Problem
- Signs of transference into every day life

Addiction is reversible
with help!

Safeguarding the home:

- Emotional and Relational Family strategies
- Advise for children
- Practical tips

**The only safe control
is SELF control!**

Help for addiction:

The 4 X Challenge (Dr Robi Sonderegger)



Life Smart Solutions

www.lifesmartsolutions.net