

Is your filter **HELPING OR HURTING?**

Pitfalls of using an Internet filter and remedies to combat them

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Pitfalls of using a filter

- Using the filter to catch a spouse or child
- Treating filter as a “digital parent”
- Over-obsessing and over-reacting
- A filter is just a machine, not a cure
- Doesn't fix the root of the problem

Why do I need a filter?

- Teach children self-control
- Aid in preventing addiction
- Tool in fighting current addiction
- Facilitate communication

Why do I need a filter?

- Be an active participant in the internet experience
- Why would we give them a smartphone without a filter, allowing 24/7 access?
- Filter that has measures in place to prevent and discourage bypassing
- The type of internet filter matters
- Know what to do when pornography is accessed. How are you going to respond?

How to use a filter effectively

Consistency - Don't “set and forget” the filter

Transparency - Communicate to family members when installing a filter and expectations
- Ask for permission to install a filter when helping an adult addict

Timeliness - Install a filter now - not later!

Accountability - Let them know they are not alone in the battle
- You are there to help keep them accountable

Conversations & Connections - Fill the void of porn with meaningful and lasting connections

Resources

NetAngel Education – Accountability Partners & How to use one
<https://netangel-education.teachable.com/p/accountability-partners>

Protect Young Minds – How to talk to children about pornography
<https://protectyoungminds.org/>