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**The Protect App**  
Unlock your Digital  
Parenting Superpowers!

## The Digital Culture of Kids

Expert Knowledge. Practical Advice. Strategies that Work.

The Protect Young Eyes **Digital Trust Framework™**

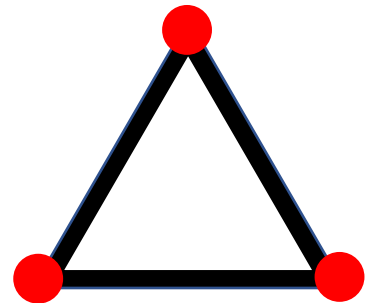


### Section 1: Battle for the Brain

**Key Statement:** Whatever I feed my precious brain is what it learns to love.

#### Practical next steps:

- Amp up the empathy.
- Create a digital code of conduct.
- Avoid the Toxic Trio.
- Monitor app usage.
- Love your router (Gryphon).





## Section 2: Second-Hand Smoke & Screens

**Key Question:** Would you want them using their devices just like you do?

**Key Blog Posts @ [protectyouneyes.com](https://protectyouneyes.com):**

- What's the Right Amount of Screen Time for my Kids?

### **Practical next steps:**

- The 7-day rule.
- Be consistent.
- Consider a YES day.
- Get a GABB! (Gabb)
- Love your router (Gryphon).

## Section 3: Mental Health Assaulted

**Key Question:** Is social media a cause of these increases? It's complicated.

**Consider Reading:** *What Happened to American Childhood?* From Kate Julian at The Atlantic

### **Practical next steps:**

- Get really specific.
- Remind them – choice.
- Be super observant.
- Monitor Social Media (Bark).
- Love your router (Gryphon).

## Section 4: Porn is Just a Tap Away

**Key Question:** Does your child know beyond any doubt that he/she can always land softly with you?

**Remember:** Put it down. Tell someone.

**Key Blog Posts @ [protectyouneyes.com](https://protectyouneyes.com):**

- How to Talk to a 5-year-old About Porn
- 2020 Wireless Router Testing
- 2020 Parental Control Testing
- How to Block Porn on Any Device for Free



**Practical next steps:**

- Normalize porn.
- Give them tools.
- Don't freak out.
- Block porn.
- Embrace accountability (Covenant Eyes).
- Get help if needed.
- Love your router (Gryphon).

## **Section 5: Predators 25% of the Time**

**Key Question:** Does your nice son or daughter know how to walk away from a nice predator? Give them permission. Otherwise, they won't.

**Remember:** Wherever the kids are is ALWAYS where the predators are.

**Remember:** Put it down. Tell someone.

**Key Blog Posts @ [protectyoungeyes.com](http://protectyoungeyes.com):**

- 4 Ways Pedophiles Use Instagram to Groom Kids
- Tricky People: The New Stranger Danger in the Digital Age

**Practical next steps:**

- Assume it will happen.
- Give them tools.
- Give them permission.
- Be super observant.
- Avoid the Toxic Trio.
- Monitor social media (Bark).



## Recommended Resources:

**Bark**



**Gryphon Router**



**Covenant Eyes**



**Childhood 2.0 Movie**



**Gabb Wireless**



**Tech Ready Webinars**

