

Helping our children to make
Healthy Choices

Schools' holiday time is here again

Ephesians 5:15

Be very careful, then, how you live-not as unwise but as wise. Making use of every opportunity because the days are evil

POSITIVE EFFECTS - WHITE DOTS

NEGATIVE EFFECTS - BLACK AREA



Overview

- Likely addictions/negative influences
- Causes and progression
- Remedial measures

Media

1 Corinthians 15:33

Do not be misled, bad company corrupts good character

Television

Research: Hours of television viewed per day is associated with attentional problems at age 7

Reduces: innovation, social skills, problem solving capability, critical thinking of

Karongorongo, "Teacher"

Negative modelling-behaviour and language

Laziness



Why the children can watch too much TV

- Imitating their parents
- Lack of parental guidance
- Boredom
- Addiction
- Peer Influence



Suggested Remedies

- Explain to the children
- TV policy agreed upon by family, moderation in watching
- Watch some programs together
- Alternative positive pass times eg what we did when we were young

Games---Hide and seek, “football” , Katie,

- Invest in indoor and outdoor games: Chess, scrabble, ball games etc
- Organize events in ministries





Need to accept social media as a modern
reality

Social Media can be
both positive and
negative





I'm glad to see
the park full of kids
again...



INTERNET!

Internet is back!



Use/ Consumption of Social Media

- 93% of teens are active users of the internet (60-70% daily)
- 75% of teens own a cellphone
- Teens average over 3000 texts per month (100/day)
- Text messaging has increased most dramatically, along with media multi-tasking



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Likely effects of negative use by teenagers

Time use
Indiscipline
Internet bullying
Low attention spans
Tendency to be alone
Overexposure to unwanted material



facebook marriage!



Alcohol and Drugs Abuse

Proverbs 20:1

Wine is a mocker and beer is a brawler
whoever is led astray by them is not wise

James 4:7

Submit yourselves then to God. Resist the
devil, and he will flee from you

Alcohol and Drug Abuse

Hosea 4:6

My people are destroyed from lack of knowledge.

How young people are lured

- Friends, curiosity, adventure
- Rebellion
- Drinks are “spiked”
- Cookies, biscuits and cakes

Abusable Drugs



Central Nervous System Depressants

- Alcohol
- Barbiturates [ludes, sleepers, downers, tranquilizers]
- Benzodiazepines (Valium, Ativan, Librium, Xanax, Ambien) [sleepers, downers, tranquilizers]



Central Nervous System Stimulants

- Cocaine (Crack, Blow, Nose, Snow, Toot, White, Rock, Flake)
- Amphetamine & Methamphetamine (Ritalin, Meth, Uppers, Bennies, Crank, Crystal)
- Caffeine (Coffee)
- Nicotine (Cigarettes)



Opiates

- Heroin (Horse, Junk, Smack, Snow, "H", Brown, Black)
- Morphine
- Codeine (OxyContin, Tylenol with Codeine)
- Methadone, LAAM



Cannabinols

- Marijuana (Marinol, Pot, Grass, Weed, Brick, Joint, Thai Stick, Mary Jane)
- Hashish (Hash, Ganja, Rope)



Hallucinogens

- LSD (Acid)
- Mescaline (Cactus)
- Psilocybin, ('Shrooms, Mushrooms)
- MDMA (Love Drug, "X", Ecstasy)



Inhalants

- Aerosol sprays
- Glues
- Paint Thinner
- Gasoline

Pornography

- pornography addiction is a "chemical addiction" producing a response in the brain very similar to street drugs
- The brain facilitates release of endorphins and other neurochemicals like dopamine, norepinephrine, oxytocin and serotonin
- When these chemicals are released during healthy marital intimacy we refer to them as "the fabulous four"
- But during pornography--we call them "the fearsome four" due to the severe addiction and many negative consequences they produce in the brain and nervous system.

Remedies

1. Youth: Eliminate curiosity on these
2. Be open about the pressure and temptations
3. Parents Know your child's friend
4. Engage the children
5. Seek help if affected

1 Peter 5:10

And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast.