

THE PARENT TOOLKIT

Framework for Protecting
Kids & Teens
On and Offline





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A NOTE TO PARENTS

Have you ever wished there were one trusted resource you could turn to—something that could help you navigate this ever-changing world, both online and offline, and give you the tools you need to better protect your child?

That is exactly why this toolkit exists.

Parenting today comes with challenges most of us were never prepared for. Children are growing up in a world shaped by constant connection, private communication, digital influence, and risks that often do not look dangerous at first. What happens online can affect their safety, identity, confidence, and relationships in very real ways offline too.

This toolkit was created to help you move from uncertainty to clarity. Inside, you will find practical guidance, conversation starters, warning signs to watch for, and simple action steps you can take to create stronger boundaries and safer habits at home.

But more than that, this resource is rooted in faith. We believe parents were chosen by God to lead, protect, and guide their children with wisdom, courage, and love. Our hope is that these pages not only equip you with practical tools, but also encourage you to parent from a place of biblical truth, peace, and confidence in Christ.

You do not need to know everything to be a protective parent. You just need the right tools, the right awareness, and the willingness to stay engaged.

We are praying this resource helps you feel more informed, more prepared, and more confident as you lead your child through the world they are growing up in.

With you in faith,
Team JBM

SECTION 1

Grooming, Trafficking & Exploitation

Exploitation rarely begins with force. It often begins with attention, trust, secrecy, and manipulation.

This section helps parents understand how grooming works, how traffickers target vulnerability, and what warning signs may point to deeper harm before it escalates.





WHY THIS FEELS DIFFERENT NOW

Kids today are growing up in a completely different digital environment.

CONSTANT ACCESS

Kids are always connected—to people, content, games, and conversations at all hours.

PRIVATE COMMUNICATION

Conversations move quickly into DMs, group chats, disappearing messages, and private platforms parents rarely see.

UNLIMITED EXPOSURE

Strangers, sexual content, harmful ideas, and manipulation can all show up in spaces that look normal at first.

SPEED

Situations escalate faster than most parents realize. What starts as casual contact can quickly become secrecy, pressure, or exploitation.

Most of the time, it doesn't look dangerous at first—it looks normal.



WHAT IS GROOMING

Grooming is how exploitation begins.

1

BUILDS TRUST

Offenders start with attention, compliments, and connection.

2

CREATES RELATIONSHIP

They position themselves as a friend, mentor, or romantic interest.

3

INTRODUCES SECRACY

Conversations become private. Boundaries begin to shift.

4

GRADUAL ESCALATION

What felt harmless slowly becomes inappropriate or controlling.

By the time it escalates, it no longer feels wrong—it feels normal.



GROOMING: HOW IT HAPPENS

6 TACTICS USED TO BUILD TRUST AND GAIN CONTROL

TARGETING THE CHILD

They look for unmet needs—attention, affirmation, insecurity, or isolation.
“You’re so mature for your age.”

GAINING TRUST

They build a relationship with the child—and sometimes the parent—to lower suspicion.
“You can always talk to me.”

FILLING A NEED

They offer attention, compliments, gifts, money, or favors.
“Let me take care of that for you.”

SEXUALIZING THE RELATIONSHIP

They gradually introduce sexual content, language, or situations.
“Have you ever tried...? It’s normal.”

ISOLATION & CONTROL

They create secrecy and use fear, guilt, or pressure to keep the child silent.
“Don’t tell anyone. This is our thing.”

CREATING DEPENDENCY

They become the center of the child’s emotional world.
“No one understands you like I do.”

**CHILDREN RARELY RECOGNIZE GROOMING WHILE IT’S HAPPENING.
THAT’S WHY AWARENESS MATTERS.**

PARENT ASSESSMENT GROOMING RISK CHECK



A quick check to help you identify potential grooming behaviors and patterns.

INSTRUCTIONS

Answer each question honestly.

If you notice multiple “YES” responses, it may indicate concerning patterns that need attention.

		YES	NO
1	My child becomes secretive or anxious when using their phone or devices.	<input type="checkbox"/>	<input type="checkbox"/>
2	My child is spending significantly more time online—especially late at night.	<input type="checkbox"/>	<input type="checkbox"/>
3	My child has multiple accounts, hidden apps, or profiles I am unaware of.	<input type="checkbox"/>	<input type="checkbox"/>
4	My child has received gifts, money, or items that cannot be clearly explained.	<input type="checkbox"/>	<input type="checkbox"/>
5	My child has become withdrawn or isolated from family or longtime friends.	<input type="checkbox"/>	<input type="checkbox"/>
6	My child is using sexual language, jokes, or showing knowledge beyond their age	<input type="checkbox"/>	<input type="checkbox"/>
7	My child becomes defensive, angry, or panicked when asked about their online activity.	<input type="checkbox"/>	<input type="checkbox"/>
8	My child is communicating with people I do not know or cannot verify.	<input type="checkbox"/>	<input type="checkbox"/>

If you answered “YES” to 3 or more, it’s time to take a closer look.

**No single behavior confirms grooming—but patterns matter.
Stay engaged, ask questions, and take action early**



WHAT IS TRAFFICKING

Trafficking is exploitation—often hidden behind relationships, pressure, or control.

- Identify vulnerability (loneliness, insecurity, conflict at home)
- Build trust and emotional dependence
- Offer attention, gifts, or opportunities
- Isolate the child from trusted adults
- Introduce pressure, control, or exploitation

Many victims don't realize they're being controlled until they are already trapped.

HOW TRAFFICKERS OPERATE

Traffickers don't usually start with force—they start with connection.

- Identify vulnerability (loneliness, insecurity, conflict at home)
- Build trust and emotional dependence
- Offer attention, gifts, or opportunities
- Isolate the child from trusted adults
- Introduce pressure, control, or exploitation

BOTTOM LINE

In many cases, the trafficker is someone the child believes they know and trust.



SEXTORTION

HOW IT STARTS, SPREADS, AND ESCALATES

\$200

Online exploitation rarely looks dangerous at first. It often hides in what feels like normal digital behavior.

WHAT IS SEXTORTION

Sextortion happens when someone manipulates or pressures a child into sharing sexual images—then threatens to expose them unless they send more or comply with demands.

EXPLOITATION DOESN'T ALWAYS LOOK LIKE ABUSE

- It often starts as normal conversation
- It may not involve explicit content at first
- It can happen across multiple apps or platforms
- It doesn't always involve adults—teens can be targeted by organized networks

HOW IT ESCALATES

- The child is asked to send a photo or video
- The offender screenshots or records it
- Threats begin: “I’ll send this to your friends/family”
- The child is pressured to send more, pay money, or comply

HOW THEY OPERATE

- Build trust before applying pressure
- Move conversations to private or disappearing messages
- Create secrecy and urgency
- Use emotional manipulation—not force at first

*** Exploitation is designed to feel normal—before it turns dangerous.

WARNING SIGNS & WHAT TO DO

Sextortion escalates quickly—but there are clear warning signs if you know what to look for.

BEHAVIORAL + DIGITAL RED FLAGS

- Sudden secrecy across multiple apps (not just one)
- Switching platforms quickly (Snap → Discord → text)
- Conversations moving to private or disappearing messages
- Increased emotional dependence on someone online
- Receiving pressure tied to urgency (“send now” / “don’t tell”)
- Fear of consequences tied to reputation or exposure
- Obsessive checking of messages or sudden panic



WHAT TO DO IMMEDIATELY

- Stay calm and steady (your reaction matters more than you think)
- Preserve evidence (don’t delete messages—even if it’s uncomfortable)
- Stop engagement with the offender
- Report through the platform AND proper reporting channels
- Document usernames, timestamps, and platforms used



WHAT YOUR CHILD NEEDS TO HEAR

“You’re not in trouble. I’m here to help.”

“No matter what happened, you can come to me.”

“We’ll figure this out—together.”

IMPORTANT TO NOTE

This is not your child’s fault.
And it’s not yours either.



The faster you act, the more protection you create.



WHERE THIS IS HAPPENING

MESSAGING & CHAT

- Snapchat
- Discord
- Telegram

FILE SHARING & STORAGE

- Google Drive
- DropBox
- iCloud Sharing Albums

GAMING & SOCIAL SPACES

- Roblox
- TikTok
- Instagram DMs

WHAT MAKES THIS EASY TO MISS

- It's not always strangers—it's often peers
- It's not always obvious or explicit
- Kids don't realize they're being manipulated
- Apps aren't the danger—how they're used is

WHAT THIS MEANS FOR YOUR FAMILY

This doesn't require perfection—just connection. Most exploitation looks normal at first.

That means your presence matters more than anything.

- Stay engaged
- Keep communication open
- Make sure your child knows they can come to you

CONNECTION IS YOUR GREATEST PROTECTION



WHAT TO SAY & HOW TO SAY IT

If something raised concern in the assessment, don't panic—and don't confront harshly.

- Your goal is connection, not control.
- Kids open up when they feel safe, not interrogated.

<p>START HERE</p>	<ul style="list-style-type: none"> • Choose a calm, private moment (not in the middle of conflict) • Stay neutral—avoid accusations or assumptions • Lead with care, not control • Keep your tone steady and open
<p>CONVERSATION STARTERS</p>	<ul style="list-style-type: none"> • “Hey, I’ve noticed you’ve been on your phone more lately. Is everything okay?” • “You don’t seem like yourself lately. Want to talk about anything?” • “Has anyone online made you uncomfortable—even a little?” • “You can tell me anything. You’re not in trouble.
<p>PAY ATTENTION TO</p>	<ul style="list-style-type: none"> • Hesitation or deflection • Protecting someone you don’t know • Minimizing concerning behavior (“It’s not a big deal”) • Sudden emotional shifts (fear, anxiety, defensiveness)
<p>AVOID THIS</p>	<ul style="list-style-type: none"> • Don’t accuse (“Who are you talking to?!”) • Don’t panic or overreact • Don’t immediately take the device (this can shut them down) • Don’t shame or blame
<p>TAKE ACTION</p>	<ul style="list-style-type: none"> • Stay calm and keep communication open • Begin monitoring devices more intentionally • Document anything concerning • Reach out for support if needed

SECTION 2

Digital Safety & Online Risk

Children are navigating apps, games, group chats, search engines, and AI-driven platforms every day. This section gives parents practical guidance for understanding digital risks, setting stronger boundaries, and helping kids move through online spaces with more awareness and protection.





DIGITAL SAFETY

WHAT EVERY PARENT SHOULD KNOW

Most online risks don't come from one moment—they come from everyday habits that go unchecked.

START HERE — THESE 5 SETTINGS MAKE THE BIGGEST DIFFERENCE

1

PRIVATE BY DEFAULT

Public accounts dramatically increase exposure to strangers

2

LIMIT MESSAGING

Most grooming begins through direct messages

3

TURN OFF LOCATION

Location sharing can reveal where your child is in real time

4

CONTROL WHO CONNECTS

Restrict who can follow, add, or contact your child

5

REVIEW CONTACTS OFTEN

Remove unknown or suspicious accounts regularly

**IF YOUR CHILD CAN BE CONTACTED BY SOMEONE THEY DON'T KNOW,
THE SETTINGS ARE TOO OPEN.**

WHERE RISK HIDES (FEATURES TO WATCH)

- Disappearing messages → removes evidence and accountability
- Private chat in games → allows direct contact without visibility
- Photo and file sharing → makes it easy to send and save images
- Anonymous messaging → removes identity and increases risk

BOTTOM LINE

Digital safety isn't about control. It's about visibility, awareness, and connection.



WHERE KIDS ARE SPENDING TIME ONLINE

IT'S NOT JUST THE APPS- IT'S HOW THEY'RE USED

Most online risk doesn't happen in public posts—It happens in private messages, chats, and shared spaces.

SOCIAL PLATFORMS

- TikTok → discovery, messaging, and rapid content exposure
- Instagram → direct messages, hidden accounts, and story replies
- Snapchat → disappearing messages and location sharing

👉 **Risk lives in private messaging and disappearing content**

DIRECT COMMUNICATION

- Discord → private servers, group chats, and direct messaging
- WhatsApp → encrypted messaging and group conversations

👉 **Strangers can connect through shared groups or servers**

GAMING PLATFORMS

- Roblox → chat features and user-created worlds
- Fortnite → voice chat and friend systems

👉 **Games are social platforms, not just games**

WHAT PARENTS OFTEN MISS

Most risk happens in:

- Direct messages
- Private chats
- Voice conversations

—not just what is posted publicly.

BOTTOM LINE

It's not about banning apps. It's about understanding how they work.



WHAT IS CSAM?

UNDERSTANDING WHAT IT IS—AND WHY IT MATTERS FOR YOUR CHILD

Child Sexual Abuse Material (CSAM) refers to illegal sexual images of minors. While some laws still use the term “child pornography,” these images are not pornography — they are evidence of abuse.

THIS INCLUDES:

- Images shared voluntarily or under pressure
- Content created through coercion or manipulation
- Screenshots or saved images that are redistributed

WHAT PARENTS NEED TO KNOW

- Once an image is shared, it can be saved, copied, and distributed instantly
- Content can resurface months or years later
- Many cases begin with grooming or manipulation—not force
- Children often do not realize what is happening until it escalates

WHAT PARENTS MISS

Most families think this only happens in extreme situations.

But many cases start with:

- Private conversations
- “Trust” built over time
- Requests that seem small at first

WHY THIS MATTERS NOW

Technology has changed how quickly content spreads

What used to stay private can now:

- Reach thousands of people
- Be stored permanently
- Be used for continued coercion or control

IF AN IMAGE HAS BEEN SHARED...

STAY CALM. WHAT YOU DO NEXT MATTERS.

Your child needs your response more than your reaction.
Fear, shame, or anger can shut down communication.
This is the moment to stay steady.

WHAT TO DO FIRST

- Stay calm and listen without interrupting
- Reassure your child they are not in trouble
- Do not blame or shame
- Focus on safety—not punishment



TAKE IMMEDIATE ACTION

- Stop communication with the person
- Do not send more images or respond to threats
- Take screenshots of messages, usernames, and accounts
- Save all evidence



REPORT & PROTECT

- “Report the account on the platform
- Block the individual after evidence is collected
- Consider reporting to local law enforcement
- Report to the CyberTipline (NCMEC)



SUPPORT YOUR CHILD

- Remind them they are not alone
- Keep communication open
- Watch for signs of fear, withdrawal, or anxiety
- Stay engaged in the days that follow



IMPORTANT TO REMEMBER

Most cases rely on fear and silence to continue.
When a parent steps in early, that cycle is broken.

DIGITAL RED FLAGS **PARENTS SHOULD WATCH FOR** WHAT TO PAY ATTENTION TO—BEFORE SOMETHING ESCALATES

Behavior changes often show up before anything is said.

● **WARNING SIGNS**

- Sudden secrecy around devices
- Switching screens or hiding the phone quickly
- New contacts they won't explain
- Late-night device use or urgency to stay online
- Emotional changes tied to phone use (anxious, withdrawn, reactive)
- Receiving gifts, money, or things you didn't provide
- Becoming defensive when asked about apps or conversations

● **DIGITAL SPECIFIC BEHAVIORS**

- Moving conversations off one app to another
- Using multiple or hidden accounts
- Deleting messages frequently
- Spending time in private chats, servers, or gaming conversations

WHAT THIS DOESN'T MEAN (VERY IMPORTANT)

Not every change means something is wrong.
But patterns matter—and they're worth paying attention to.

BOTTOM LINE

You don't need to monitor everything.
You just need to notice when something changes.



PRE-K – ELEMENTARY

STARTING STRONG EARLY

The conversation changes as your child grows—but your presence should never disappear.

FOCUS

- Build habits before exposure
- Create structure and boundaries
- Teach basic digital awareness

WHAT THIS LOOKS LIKE

- Devices are used in shared spaces only
- No private messaging or chat features
- Limited, parent-approved apps only
- Screen time is structured—not unlimited

CONVERSATIONS TO START

- “If someone talks to you online, you tell me”
- “We don’t talk to people we don’t know—even online”
- “Nothing online is private”

PARENT ROLE

You are fully involved.

At this stage, you are the filter.



MIDDLE SCHOOL

GUIDED INDEPENDENCE

The conversation changes as your child grows—but your presence should never disappear.

FOCUS

- Increased access
- Learning responsibility
- Strengthening communication

WHAT THIS LOOKS LIKE

- Social media is introduced gradually
- Accounts are private and monitored
- Friend/follower lists are reviewed together
- Clear rules around messaging and app use

CONVERSATIONS TO START

- “Not everyone online is who they say they are”
- “If something feels off, trust that”
- “You won’t get in trouble for telling me the truth”

PARENT ROLE

You are guiding—not stepping back.

This is where trust and boundaries work together.



HIGH SCHOOL

AWARENESS + ACCOUNTABILITY

The conversation changes as your child grows—but your presence should never disappear.

FOCUS

- Real-world consequences
- Personal responsibility
- Decision-making

WHAT THIS LOOKS LIKE

- Ongoing conversations—not one-time talks
- Clear expectations around behavior and boundaries
- Continued awareness of apps, messaging, and interactions

CONVERSATIONS TO START

- “Everything online has consequences”
- “Your digital choices follow you”
- “You still come to me—no matter what”

PARENT ROLE

You are present and aware.

Not controlling—but not absent.



YOUNG ADULT

STAYING CONNECTED, NOT CONTROLLING

The conversation changes as your child grows—but your presence should never disappear.

FOCUS

- Independence with awareness
- Real-life application
- Ongoing conversations

WHAT THIS LOOKS LIKE

- Conversations about relationships, pressure, and boundaries
- Awareness of scams, manipulation, and exploitation
- Open dialogue without judgment

PARENT ROLE

You are a safe place, not a surveillance system.

BOTTOM LINE

- The goal isn't to control every stage—
- it's to prepare them for the next one.

LOCK IT DOWN IN 5 MINUTES OR LESS



INSTAGRAM	<ul style="list-style-type: none">• Set account to Private. If your child's account is public, strangers are watching.• Turn off Business Mode (it increases visibility to strangers).• Disable message requests from people they don't follow
FACEBOOK	<ul style="list-style-type: none">• Use Privacy Checkup (don't skip it).• Limit who can send friend requests (Friends of Friends).• Block unknown accounts immediately—don't wait.• Turn on 2-Factor Authentication (prevents account takeovers).
TIKTOK	<ul style="list-style-type: none">• Set account to Private.• Turn off Direct Messages completely if possible.• Limit who can comment (Friends or No one).• Disable Duets and Stitches (prevents strangers interacting with your child's content).• Enable Family Pairing to monitor time, content, and messages.
SNAPCHAT	<ul style="list-style-type: none">• Turn off Quick Add (this is how strangers find kids).• Limit Contact Me, View My Story, and See My Location to Friends Only.• Turn on Ghost Mode (no one should see your child's location).• Talk openly: messages disappear—but screenshots don't.• Regularly check contacts and recent chats together.
YOUTUBE	<ul style="list-style-type: none">• Use YouTube Kids for younger children.• Turn on Restricted Mode.• Turn off Autoplay (it leads kids deeper into risky content).• Review watch and search history regularly.• Set screen time limits using Family Link.
DISCORD	<ul style="list-style-type: none">• Disable DMs from non-friends.• Turn off "Allow friend requests from everyone."• Set age-restricted filters for content.• Check what servers your child is in—this is where most risk happens.
ROBLOX	<ul style="list-style-type: none">• Turn on Parental Controls.• Restrict chat to friends only or disable it.• Turn off "Who can message me?" for non-friends.• Regularly review games played and friend list.
THE TRUTH MOST PARENTS MISS	<ul style="list-style-type: none">• These platforms aren't dangerous because of what your child posts.• They're dangerous because of who can reach your child.



GAMING SAFETY

HOW PREDATORS USE GAMING TO REACH KIDS

Gaming isn't just play—it's access. Voice chat. Private messages. Real-time connection with strangers.

And predators know exactly how to use it.

Platforms like Roblox, Fortnite, Minecraft, and Discord aren't the danger—unfiltered access to your child is.

WHAT FEELS LIKE “JUST A GAME” CAN QUICKLY BECOME:

- Manipulation
- Grooming
- Sextortion
- Or even real-life exploitation

WHAT IT LOOKS LIKE WHEN GROOMING STARTS

- They play together every day—until they're trusted.
- (“You're actually really good at this game...”)
- They give gifts to build loyalty.
- Robux. Skins. V-Bucks. “I got this for you.”
- They move the conversation off the platform.
- “Add me on Snapchat—it's easier to talk there.”
- They blur boundaries slowly.
- Jokes become personal. Personal becomes secret.
- They normalize inappropriate talk.
- “This is just how people talk online.”
- They create a bond your child doesn't want to lose.
- “Don't tell your parents—they wouldn't understand.”

👉 **By the time it feels wrong, it often feels too late to tell.**

WHAT STARTS IN A GAME DOESN'T ALWAYS STAY THERE

WHY GAMING IS A PERFECT TARGET

- Kids feel safe behind a screen
- Conversations feel casual and harmless
- There's constant access (no "closing time")
- Relationships form faster than in real life



👉 Predators don't rush—they build trust first.

HOW PARENTS PROTECT

- Set up parental controls on every game and device.
- Turn off or restrict voice and text chat.
- Know who your child is playing with—not just what they're playing.
- Keep gaming in shared spaces, not behind closed doors.
- Use child accounts or family profiles whenever possible.
- Regularly check friend lists, messages, and recent players.



WHAT YOUR CHILD NEEDS TO HEAR

"You're not in trouble. I'm here to help."

"No matter what happened, you can come to me."

"We'll figure this out—together."



THE TRUTH

- Most kids don't think they're being targeted.
- They think they've made a friend.





AI MANIPULATION

AI ISN'T JUST SMART—IT'S EXPLOITING

To say there are risks with artificial intelligence would be an understatement. In just the last year, the landscape has shifted dramatically—and dangerously.

WHAT THE DATA IS SHOWING

- Reports of AI-generated child sexual abuse material (CSAM) increased by **26,000%+** in one year.
- **65%** of that content was classified as the most extreme category, including violent sexual abuse.

This is not theoretical.

This is already happening—at scale.

WHAT AI CAN NOW DO

- Generate sexualized images of real or fake children
- Digitally alter photos to remove clothing
- Create realistic fake identities and conversations
- Simulate relationships that feel real to kids

IN ONE RECENT CASE:

- Millions of sexualized images were generated in days
- Thousands involved minors

WHY THIS MATTERS FOR YOUR CHILD

This isn't just about content—it's about access and manipulation.

- A child's image can be taken and altered without their knowledge
- AI can be used to groom, manipulate, or emotionally connect
- Kids may not recognize they are interacting with something designed to influence them

👉 Some predators no longer need to hide—technology is doing the work for them.

THIS IS ALREADY HAPPENING

AI-DRIVEN EXPLOITATION IS RISING FASTER THAN PROTECTIONS

WHAT MOST PARENTS DON'T REALIZE

- AI tools are often unrestricted and easy to access
- Many apps are designed to feel like real people
- There are few built-in protections for children
- Content can spread instantly—and be impossible to fully remove

HOW PARENTS PROTECT

Know which AI tools and apps your child is using.

SET A CLEAR BOUNDARY:

- No sharing personal photos or private information with AI tools

KEEP CONVERSATIONS OPEN:

- “If something feels strange, confusing, or too real—tell me.”

Keep devices in shared spaces when possible.

WHAT TO SAY TO YOUR CHILD

- “AI can look and sound real, but it doesn't actually know you.”
- “Not everything created online is real—or safe.”
- “If someone uses your photo or something feels off, I want to know.”

WHY THIS MOMENT MATTERS

Right now, lawmakers are beginning to respond to these harms—but change is still catching up to the speed of technology.

Parents cannot afford to wait.

THE TRUTH

- AI is not just a tool.
- In the wrong hands, it becomes a weapon.

5 HIGH-RISK PLACES KIDS ACCESS THE INTERNET

THESE ARE THE MOMENTS NO ONE IS WATCHING

<p>SCHOOL BUS CARPOOL</p>	<p>One adult. Dozens of kids. Zero control over what's on their screens. Unfiltered devices + peer pressure = exposure to:</p> <ul style="list-style-type: none"> • Pornography • Inappropriate videos • Harmful conversations <p>WHAT YOU CAN DO:</p> <ul style="list-style-type: none"> • Ask: "What do kids watch or talk about on the bus?" • Teach them what to do when something inappropriate shows up. • Remind them: they can walk away and tell you—no trouble.
<p>SLEEPOVERS</p>	<p>Late nights. Shared devices. No filters. Less supervision. Tis is one of the most common places for:</p> <ul style="list-style-type: none"> • First exposure to porn • Group pressure to watch or share content • Grooming or secret conversations <p>WHAT YOU CAN DO:</p> <ul style="list-style-type: none"> • Ask if phones stay out overnight. • Confirm parents are present and aware. • Check if kids use devices behind closed doors.
<p>SCHOOL DEVICES & CLASSROOMS</p>	<p>Shared devices and weak filters don't equal safe content. Kids often access:</p> <ul style="list-style-type: none"> • Inappropriate websites • Bypassed filters • Peer-shared content <p>WHAT YOU CAN DO:</p> <ul style="list-style-type: none"> • Ask how devices are monitored and filtered. • Encourage clear tech rules at school. • Advocate for stronger protections if needed.
<p>BEDROOMS & BATHROOMS</p>	<p>Privacy + screens + boredom = risk. This is where:</p> <ul style="list-style-type: none"> • Curiosity turns into habit • Exposure turns into secrecy • Small choices become patterns <p>WHAT YOU CAN DO:</p> <ul style="list-style-type: none"> • Keep devices out of bedrooms and bathrooms. • Collect phones at night. • Model the same boundaries yourself.
<p>FAMILY & BABYSITTERS' HOMES</p>	<p>Different rules. Less awareness. More freedom than you expect. Even well-meaning adults may:</p> <ul style="list-style-type: none"> • Allow unrestricted screen time • Not understand risky apps • Miss warning signs completely <p>WHAT YOU CAN DO:</p> <ul style="list-style-type: none"> • Set up parental controls or safe Wi-Fi where possible. • Clearly communicate your family tech rules. • Teach your child how to navigate situations without you.
<p>THE TRUTH</p>	<ul style="list-style-type: none"> • Most online risk doesn't happen when kids are alone. • It happens when no one is paying attention.

SECTION 3

Pornography, CSE & Sexualized Content

Children are being exposed to sexualized content earlier and more often than many parents realize. This section addresses pornography, child sexual exploitation, and other harmful content that distorts identity, boundaries, and healthy development.



THE PORN PREDATOR

WHAT EVERY PARENT NEEDS TO UNDERSTAND

Most kids are not looking for pornography.

They find it.
Accidentally. Early. And often alone.

And what they see shapes how they think about:

- Relationships
- Bodies
- Sex
- And themselves



WHAT IS REALLY HAPPENING

The average age of first exposure is between 8–11 years old.

Most exposure happens through:

- Pop-ups
- Social media
- Links shared by friends
- Content is often violent, unrealistic, and extreme

👉 Porn doesn't wait until kids are ready—it finds them first.

A photograph of a chain-link fence with a red and black 'DANGER' sign attached to it. The sign has the word 'DANGER' in white, bold, capital letters on a red background with a black border. The background behind the fence is a blurred sunset or sunrise scene.

DANGER

PROTECTING YOUR CHILD FROM THE IMPACT OF PORN

WHY THIS MATTERS

Pornography is not neutral.

It can:

- Distort a child's understanding of healthy relationships
 - Normalize aggression, control, and unrealistic expectations
 - Create curiosity that turns into repeated exposure
 - Lead to shame, secrecy, and isolation
- ☛ What starts as curiosity can quickly become a pattern.

WHAT PARENTS MISS MOST

Kids often feel confused—not curious—after exposure

Many are too embarrassed or afraid to tell anyone.

Silence allows it to continue unchecked

- ☛ Most kids don't go looking for porn. They don't know what to do when they find it.

HOW PARENTS PROTECT

- Keep devices out of bedrooms and bathrooms
 - Use filters and parental controls (but don't rely on them alone)
 - Know what apps and platforms your child is using
 - Check in regularly—not just once
- ☛ Protection is not control—it's awareness + consistency.

WHAT TO SAY TO YOUR CHILD

- "If you ever see something that makes you uncomfortable, you can come to me."
 - "You won't get in trouble for telling the truth."
 - "Some things online are not meant for kids—and I want to help you understand why."
- ☛ Protection is not control—it's awareness + consistency.

FILTERS WE RECOMMEND

Filters are not perfect—but they are a critical first layer of protection.

They help:

- Block inappropriate content
- Alert parents to concerning behavior
- Create safer digital boundaries

Think of filters as guardrails—not guarantees.

✓ **BARK**

- Monitors texts, apps, email, and social media
- Sends alerts for potential risks (grooming, sexting, suicidal content)
- Works across multiple platforms

Best for: Ongoing monitoring and alerts

✓ **CANOPY**

- Uses AI to block explicit content in real time
- Prevents access to inappropriate images and videos
- Works across apps and browsers

Best for: Strong, real-time content filtering

✓ **COVENANT EYES**

- Tracks screen activity and provides accountability reports
- Designed to support healthy habits and transparency

Best for: Accountability and behavior awareness

✓ **GOOGLE SAFESERCH**

- Filters explicit results from Google searches
- Easy to enable on all devices

Best for: Basic search protection

✓ **YOUTUBE RESTRICTED MODE**

- Helps hide mature or inappropriate videos
- Reduces exposure to harmful content

Best for: Safer video browsing

IMPORTANT FOR PARENTS

No filter catches everything, and kids can still find ways around restrictions.

That's why conversations matter more than controls.

Filters can reduce exposure.

But connection is what protects your child.



WHAT TO SAY & WHEN TO SAY IT

You don't need the perfect speech.

You need ongoing, honest conversations.

The goal isn't one big talk—it's 100 small ones.

<p>AGES 5-7</p>	<p>Keep it simple, safe, and open.</p> <p>“If something pops up that feels weird or confusing, you can tell me.”</p> <p>“Your body is private, and no one should ask to see or touch it.”</p> <p>“You won't get in trouble for telling me anything.”</p> <p>👉 Focus: Safety + trust</p>
<p>AGES 8-10</p>	<p>Prepare them before exposure happens.</p> <p>“You might see things online that aren't meant for kids.”</p> <p>“If that happens, I want you to come to me—I'll help you understand it.”</p> <p>“Not everything online is real or healthy.”</p> <p>👉 Focus: Awareness without fear</p>
<p>AGES 11-13</p>	<p>They made have already being exposed—whether you know it or not.</p> <p>“Some things online about sex are unrealistic and can be confusing.”</p> <p>“If friends send something or show you something, you can always talk to me.”</p> <p>“You won't get in trouble—I want to help, not punish.”</p> <p>👉 Focus: Clarity + removing shame</p>
<p>AGES 14+</p>	<p>Shift to guidance, not control.</p> <p>“What you see online can shape how you think about relationships.”</p> <p>“Not everything you see reflects real or healthy connection.”</p> <p>“I trust you—but I'm still here if you need help sorting things out.”</p> <p>👉 Focus: Discernment + responsibility</p>
<p>WHAT MATTERS MOST</p>	<p>Stay calm, not reactive. Keep the door open, not closed. Make it safe to tell the truth.</p> <p>👉 If your child is afraid of your reaction, they will hide the reality.</p> <p>Your child doesn't need a perfect parent.</p> <p>They need a safe one.</p>



UNDERSTANDING COMPREHENSIVE SEX EDUCATION

WHAT IS CSE?

Comprehensive Sex Education (CSE) is being introduced in many schools under terms like “health,” “human development,” or “wellness.”

It can include topics such as:

- Relationships
- Sexual health
- Identity
- Boundaries

👉 Content, timing, and approach can vary widely by school and program.

WHAT PARENTS NEED TO KNOW

- Some lessons introduce topics earlier than parents expect.
- Content may be embedded within broader programs like health or SEL.
- Not all materials are clearly communicated or sent home.
- Outside organizations may be involved in delivering content.

👉 Many parents are unaware of the full scope of what’s being taught.

WHY AWARENESS MATTERS

- Children may be exposed to complex topics before they are ready.
- Messages may differ from what is taught at home.
- Early exposure can shape how they understand relationships, boundaries, and identity.
- Without clear guidance, kids may become more vulnerable to confusion, influence, or pressure.

WHAT YOU CAN DO AS A PARENT

You don't need to control everything.
But you should stay informed, involved, and engaged.

KNOW WHAT'S BEING TAUGHT

- Ask to review lesson plans, materials, and content.
- Topics are often included under broader labels like “health,” “relationships,” or “SEL.”



USE YOUR RIGHT TO OPT OUT

IF AVAILABLE:

- Submit a written opt-out request.
- Keep a copy.
- Follow up to confirm it's honored.



ASK SPECIFIC QUESTIONS

- What topics are covered in this unit?
- At what grade levels are they introduced?
- Are parents notified in advance?
- Are outside organizations involved?
- Who is the teacher?



TEACH DISCERNMENT

Help your child recognize when something feels confusing, uncomfortable, or too advanced.

👉 “If something doesn't feel right, you can always talk to me.”

STAY INVOLVED

Stay connected with teachers, attend meetings, and speak up when needed.



THE TRUTH

You may not control the curriculum,
but you shape how your child understands it.

FOR TEXAS PARENTS

CSE NON-CONSENT FORM

1

As a parent in Texas, you have the legal right to opt your child out of instruction that conflicts with your beliefs.

Use this form to officially notify your school that you do not consent to your child receiving instruction related to:

- Sexual activity or sexual health topics.
- Gender identity or sexual orientation.
- Role-playing or explicit scenario-based instruction.
- Materials from outside organizations.
- Lessons embedded under programs like “SEL” or “wellness.”

2

LEGAL REFERENCES

- Texas Education Code Chapter 26, Section 26.010.
- Federal Pupil Rights Protection Act.

3

WHAT TO DO

- Download and complete the form.
- Submit it to your child’s teacher, counselor, and principal.
- Request written confirmation of receipt.
- Keep a signed copy for your records.
 - Ask that it be placed in your child’s permanent file.

4

FINAL NOTE

This tool is meant to support your role as a parent. Use it confidently, respectfully, and consistently.

[DOWNLOAD THE TEXAS NON CONSENT FORM HERE](#)

SECTION 4

Real-World Vulnerabilities

Not every risk begins online. Children also move through everyday spaces where access, influence, and opportunity can create vulnerability. This section helps parents think through real-world environments, relationships, and situations where greater awareness and preparation can make a meaningful difference.





PROTECTING YOUR CHILD IN REAL-WORLD ENVIRONMENTS

Abuse doesn't start with danger. It starts with access, trust, and opportunity.

Sports. Camps. Church. Activities.

These are not unsafe places—but they can become unsafe without clear boundaries.

WHERE RISK ACTUALLY HAPPENS

These are the moments parents often don't see:

- One adult + one child (car rides, private training, closed-door meetings)
- Direct messaging between adults and kids (text, social media, gaming apps)
- Locker rooms, changing areas, bathrooms with little supervision
- Overnight trips (camps, tournaments, retreats)
- “Special attention” relationships (mentors, coaches, leaders)

Risk increases anytime access is private, repeated, or unmonitored.

COMMON GROOMING PATTERNS IN THESE SETTINGS

- Positioning themselves as the “trusted adult”
- “I’m the one they can talk to.”
- Giving extra attention or privileges
- More playtime, rides, gifts, leadership roles
- Creating separation from parents
- “They don’t need to know about this.”
- Moving communication off official channels
- From team app → text → Snapchat
- Normalizing physical or emotional closeness
- Gradual boundary shifts over time

It rarely feels wrong at first—that’s the point.

HOW PARENTS PROTECT

SET CLEAR BOUNDARIES

- No one-on-one, closed-door time with adults.
- No private messaging between adults and your child.
- No secrets with adults—ever.
- No unsupervised transportation without your approval.
- Keep communication on parent-visible platforms.
- Ensure activities are observable and supervised.



ASK BEFORE YOU SAY YES

- Are adults ever alone with children?
- How is communication with minors handled?
- What supervision is in place?
- Are background checks required?
- How are concerns reported and handled?



WATCH FOR WARNING SIGNS

- Adults seeking private access to your child
- Communication moving to private apps
- Gifts, favors, or special treatment
- Discouraging parental involvement
- Changes in your child’s behavior:
 - Withdrawal
 - Secrecy
 - Anxiety



TEACH YOUR CHILD

- “You don’t have to be alone with any adult.”
- “No one should message you privately.”
- “You never have to keep secrets from me.”
- “If something feels off, tell me.”



THE TRUTH

Most harm doesn’t begin with danger.
It begins with access, trust, and silence.

CAMP SAFETY

WHAT PARENTS NEED TO KNOW

Camps create independence—but also increase access and risk.

WHERE RISK HAPPENS

- Cabins at night (limited supervision)
- Bathrooms, showers, and changing areas
- Free time between activities
- Older campers interacting with younger ones
- Discipline or “private conversations” with staff



ASK BEFORE YOU REGISTER

- What is the adult-to-child ratio?
- Are staff ever alone with campers?
- What are bathroom and changing policies?
- Are background checks required?
- How are incidents reported and documented?



OVERNIGHT REALITIES

- Who is supervising after lights out?
- Are staff ever alone in cabins?
- What are the rules for bathroom access at night?
- Are devices allowed in cabins?

👉 Most incidents happen when structure drops—late at night



SET EXPECTATIONS WITH YOUR CHILD

- No one should ask you to keep secrets
- You don't have to be alone with anyone
- You can call me anytime—day or night

WATCH FOR

- Sudden withdrawal or mood changes
- Reluctance to return
- Avoiding specific people or topics

THE TRUTH

Independence is good—
unmonitored access is not.



YOUTH SPORT SAFETY

ACCESS OFTEN HAPPENS OUTSIDE THE GAME

Coaches and leaders have influence—make sure there are boundaries

WHERE RISK HAPPENS

- Private training or extra practice sessions
- Locker rooms and changing areas
- Injuries requiring private attention
- Team bonding events or hotel stays
- Direct messaging between coaches and players



OVERNIGHT TOURNAMENTS & TRAVEL

- Who assigns hotel rooms?
 - Are athletes ever in rooms without supervision?
 - Are coaches entering athlete rooms?
 - What are curfew and check-in procedures?
- ☞ Travel creates the highest level of access and lowest visibility.



TRANSPORTATION RISKS

- Car rides with coaches or other adults
- Last-minute ride changes
- “I’ll just take them home—it’s easier”

ASK THE PROGRAM

- Are coaches ever alone with athletes?
- What is the communication policy (text/social media)?
- Are parents allowed to observe practices?
- Are background checks required?



SET FAMILY RULES

- No one-on-one training without visibility
- No private messaging with coaches
- No rides without parent approval

WATCH FOR

- A coach giving extra attention or gifts
- Communication moving off team platforms
- Your child becoming withdrawn or secretive



THE TRUTH

Influence without accountability creates risk.

DIVORCED & SPLIT HOUSEHOLDS

Different homes can create gaps in protection.

WHERE RISK INCREASES

- Inconsistent rules around devices and privacy
- New partners, roommates, or frequent visitors
- Lack of communication between parents
- Children navigating different expectations



DIGITAL RISKS

- One home has restrictions, the other does not
- Private device use behind closed doors
- No monitoring of apps, messages, or contacts



NON-NEGOTIABLES ACROSS HOMES

- Same rules for devices and privacy
- No secrets with adults
- Clear expectations about communication and boundaries

WHAT TO TELL YOUR CHILD

“The same safety rules apply everywhere.”

“You can call me anytime, no matter where you are.”

“If something feels off, I want to know.”



WATCH FOR

- Sudden behavior changes after visits
- Hesitation or fear about going to a specific home
- Secrecy about people or situations

THE TRUTH

Consistency between homes reduces risk.

Gaps increase it



SIBLING BOUNDARIES

When Parents Need to Step In Quickly

Some sibling behavior may reflect immaturity, curiosity, or exposure. Some behavior signals a serious boundary problem.

The goal is not to panic.

The goal is to protect every child involved, respond early, and stop secrecy or pressure from becoming a pattern.

WHAT PARENTS SHOULD NEVER IGNORE

- Repeated behavior
- Secrecy
- Pressure or coercion
- Fear, confusion, or distress
- Threats or manipulation
- A significant age, size, or developmental difference
- One child holding power over the other
- Behavior that continues after correction



When sexual behavior includes secrecy, force, pressure, fear, or a clear power imbalance, it is no longer simple curiosity. It is a serious boundary violation.



WHAT MAY BE UNDERNEATH IT

- Exposure to pornography or sexualized content
- Imitation of something seen or experienced
- Poor understanding of body boundaries
- Unsupervised access or private settings
- Unresolved trauma or abuse
- Secrecy patterns already forming in the home



SIBLING BOUNDARIES CONTINUED

WHAT TO DO FIRST

STOP IT IMMEDIATELY

- Separate the children and increase supervision right away.

STAY CALM ENOUGH TO GET THE TRUTH

- A shaming or explosive response can shut down disclosure.

TALK TO EACH CHILD SEPARATELY

- Find out what happened, whether there was pressure or fear, and whether it has happened before.

SPEAK CLEARLY ABOUT BOUNDARIES

Say plainly:

- Bodies are not for secrets.
- No one is allowed to touch another person's private areas.
- No one is allowed to pressure or trick a sibling into sexual behavior.
- If something has happened, I am going to help keep everyone safe.

GET HELP WHEN NEEDED

If there is coercion, repeated behavior, a power imbalance, fear, trauma concerns, or any sign that a child has been harmed, seek a faith-based counselor or licensed Christian mental health professional with experience in child trauma or problematic sexual behavior right away.

FOR THE CHILD WHO MAY HAVE BEEN HARMED

- Tell me what happened.
- Has this happened before?
- Did you feel scared, confused, or uncomfortable?
- Did anyone tell you to keep it secret?

DO NOT

- Dismiss it as “kids being kids”
- Force quick forgiveness
- Assume it will go away on its own
- Shame either child in a way that shuts down truth

THE TRUTH

- Calm protection, clear boundaries, honest conversation, and early intervention matter.
- Early clarity protects children.

TEENS & JOBS

Independence introduces new authority figures and environments.

HIGH RISK MOMENTS

- Working alone with a supervisor
- Closing shifts or late-night hours
- Stockrooms, offices, or isolated spaces
- Coworkers asking for personal contact



TRANSPORTATION RISKS

- Rides offered by supervisors or coworkers
- Walking to cars alone at night
- Waiting outside after shifts



COMMUNICATION RISKS

- Supervisors texting outside of work hours
- Requests to move conversations to private apps
- Sharing personal information

SET EXPECTATIONS

- No private communication with supervisors
- No rides without approval
- No entering isolated areas alone



WHAT TO SAY

“You don’t owe anyone access, time, or personal information.”

“If something feels off, you leave and call me.”

WATCH FOR

- A supervisor giving special attention or gifts
- Pressure for private conversations
- Anxiety or avoidance around work



THE TRUTH

Work builds independence—but also creates access.

CHURCH & EVENTS SAFETY

Trusted environments still require clear boundaries.

HIGH RISK MOMENTS

- small groups or breakout sessions
- Counseling or prayer behind closed doors
- Volunteer leaders with unsupervised access
- Retreats, mission trips, and overnight events



OVERNIGHT EVENTS

- Sleeping arrangements and supervision
- Leader access to rooms
- Late-night activities with less oversight

COMMUNICATION RISKS

- Leaders messaging kids directly
- Moving conversations to personal phones or apps
- Lack of parent visibility



ASK YOUR CHURCH

- Is there a two-adult rule?
- Are leaders ever alone with children?
- What are communication boundaries?
- Are background checks required?

SET BOUNDARIES

- No one-on-one private meetings
- No private messaging with leaders
- Parent visibility in communication



WHAT TO TELL YOUR CHILD

- “No one should ask you to keep secrets—even here.”
- “If something feels off, you tell me immediately.”

WATCH FOR

- Leaders creating special relationships
- Encouraging secrecy
- Discouraging parental involvement



THE TRUTH

Trust should never replace accountability.

A PARENT SAFETY CHECKLIST

Before your child joins an activity, attends an event, or goes somewhere new—pause and ask:
Do I know enough to say yes confidently?

SUPERVISION	✓
Who is responsible for my child at all times?	
What is the adult-to-child ratio	
Are adults ever alone with kids?	
Are activities observable and interruptible?	

OVERNIGHT & TRAVEL	✓
Who supervises at night?	
What are sleeping arrangements?	
Are adults ever entering rooms?	
How are kids monitored during free time?	

COMMUNICATION	✓
How do adults communicate with kids?	
Is communication kept on group or parent-visible platforms?	
Are private messages (text, social media, apps) allowed?	

SCREENINGS & POLICIES	✓
Are background checks required?	
Is there a clear code of conduct?	
How are concerns or incidents reported?	
Will parents be notified if something happens?	

ACCESS & BOUNDARIES	✓
Are there clear rules about one-on-one time?	
Are private conversations or meetings allowed?	
Are there boundaries around physical contact?	
Is there a two-adult rule in place?	

TRANSPORTATION	✓
Who is transporting my child?	
Will my child ever be alone in a vehicle with an adult?	
Are there clear pickup/drop-off procedures?	

TRUST YOUR INSTINCTS	✓
Are answers clear—or vague?	
Does anything feel rushed or dismissed?	
Are you being discouraged from asking questions?	

THE TRUTH

The safest environments are not the ones that feel the most comfortable—they're the ones with the clearest boundaries.



WITH YOU

If this toolkit encouraged or equipped you, we invite you to keep going. Explore our other toolkits and resources designed to help parents navigate today's challenges with greater wisdom, confidence, and faith.

If you know a parent, grandparent, caregiver, school leader, or friend who needs this, please share it with them. One resource in the right hands can make a real difference.

And if you feel compelled to support this work, we invite you to become a supporter. Your generosity helps us continue creating practical, faith-based resources that equip families and protect children.

Explore more resources. Share this toolkit. Become a supporter.

With you in faith,
The JBM Parent Community



Explore More Resources

Discover more resources created to help families navigate today's challenges with wisdom and confidence.



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