

# THE PARENT SOURCE

YOUR CULTURAL CONNECTION

JAN 2010

## What's inside

Pg.2

- ◆ Teen Mom
- ◆ Jerkin'

Pg.3

- ◆ Internet Safety
- ◆ Teens & Sleep

Pg.4

- ◆ Lying & Cheating

Pg.5

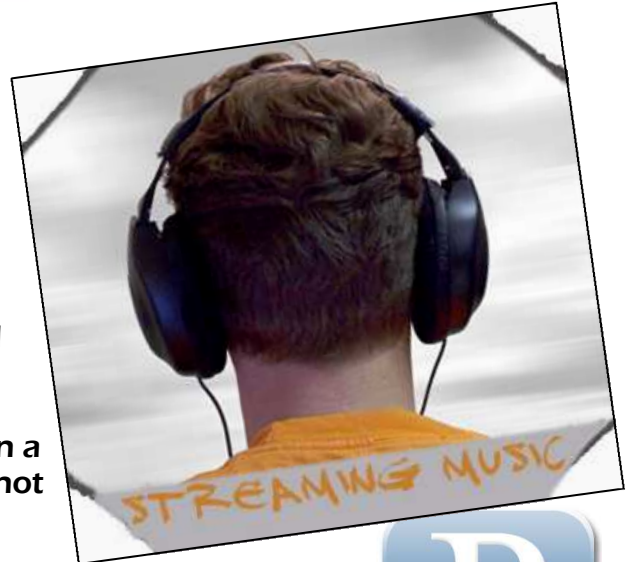
- ◆ Kid's Culture

## STREAMING MUSIC

According to a recent study conducted by the BPD Group, a leader in Market research for the music industry, **teens aren't downloading music like they used to**. In fact both paid/legal music downloads, as well as illegal music file sharing activity, was down. This says a lot about how teens are interacting with music on a daily basis. Obviously teens are not listening to CDS like they used to, and now it seems as if many teens aren't wanting to spend the time downloading music either. Which brings up the question, "Where are they getting their music from?" This demographic is growing more comfortable with the idea of **finding sources online to stream the music they want to hear**.

Popular websites such as **Pandora** and **Last Fm** are unique sites that allow teens to listen to a style of music they like legally with out paying for it. You pick a specific song or band you like to listen to, and based on your selection they find other songs that you will also like. This has become a more convenient way of listening to music. Many mobile devices come equipped with streaming capabilities, and even the XBOX 360 offers **Last Fm** so you can stream music while playing. This new trend has been positive in the fact that illegal file sharing and downloading has decreased. There is a broad selection of music to choose from, and it's important to keep in mind that the songs played on most of these sites are not edited. However, these sites offer a personal preference setting that allows the listener to avoid explicit music. Also, if a inappropriate song comes on, you give it a "thumbs down" rating, and the song will never be played again.

**DEFINE STREAM:** Your computer connects to the radio station and receives an ongoing audio feed, or stream, with the radio station's programming. Streaming a file means you will get to listen to or watch it. The file is not saved on your computer.



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## NEW MTV SHOW

*Teen pregnancy is back on the rise.* After a 14 year decline the Centers for Disease Control reports that the teenage birth rate increased by 3 percent according to their latest data which was from 2006. With many high profile news stories of teenage pregnancy such as Sarah Palin's daughter and Jaime Lynn Spears, it appears that the entertainment industry has also taken notice of this. Movies like *Juno*, television shows such as ABC Family's *"The Secret Life of the American Teenager,"* and MTV's reality show *"16 and Pregnant"* have brought this issue to the forefront. *MTV is set to release their newest show on this topic called "Teen Mom."* This is the reality show to follow up to *"16 and Pregnant."* They will follow the lives of 4 teen moms revealing the wide variety of challenges young mothers can face: marriage, relationships, family support, adoption, finances, graduating high school, starting college, getting a job, and the daunting and exciting step of moving out to create their own families. This series began on Dec. 8<sup>th</sup>.



## THE NEW DANCE CRAZE

*What started out as a new hip hop dance move has radically evolved into its own culture, boasting its own music and style of dress.* The dance consists of moving your legs in and out and doing other moves such as the "reject," "dip," and "pindrop." The dance started out as a movement in Los Angeles in 2008. As it gained popularity, several dance crews in that area began to post their videos on YouTube. Some of these videos have over 3 million views. From there, this movement has taken off, and lots of people are starting to take notice. Record labels such as Warner Brother/Asylum and Interscope have signed contracts with Jerkin' dance crews. Film maker Sariff Hasan recently began filming a feature "Jerkin," while also developing a documentary and a reality show for MTV. Tammy Mawell, the manager of a successful Jerkin' crew says, *"Jerkin' is a movement, almost like*

*in the '80's when rap started. There is a style to it, and a music and a lifestyle and all the kids have really jumped on it."* The fashion is a skater/hip hop mix, featuring sagging skinny jeans of all colors and washes, usually accompanied by high-top sneakers. So far the *New Boyz* have become the musical face of this movement with their hit song "You're a Jerk". Jerkin' music is a more high tempo style of rap. Some seem to think that this is a trend that will leave the scene just as quickly as it entered. However, it seems to be the hip-hop equivalent of the "Emo" movement, and if that's the case it will continue to evolve and be a cultural force for quite a while.



The number one media concern for parents has shifted from Television to the Internet, with 85% of parents saying that it posed the greatest risk to their children among all forms of media.

Imagine a city where every turn has a near naked lady on the corner begging you to look at her, where every window has a predator looking down to see who is on the street, where drugs are explained in detail, and evil is exposed on every path. Would you let your family walk these streets?

**WELCOME TO THE INTERNET.**

### Ways to Combat Exposure:

1. **Use** an internet filter appliance for optimal protection. Software can be bi-passed too easily and cannot control devices with WI-FI connections (Blackberry's, iPhone, iTouch, etc.). An internet filter appliance, which looks like a router, will catch everything with WI-FI in your home. We recommend the pit bull of all web filters - the **iBoss**. Read more about the iBoss at [www.411internetsafety.com](http://www.411internetsafety.com).
2. **Watch** out for phones or small devices that have unfiltered internet access, such as Blackberry's, iPhone, iTouch, Wii, Xbox, Playstation, PSP and PS3, Nintendo DS Lite, etc.
3. **Limit** all internet searches such as Google, Bing, Yahoo, etc. on all computers. Allow family members to search the web **only on the family computer with others around**. When not in use, lock the family computer with a password.
4. **Talk** to your kids about where they go on the internet (Facebook, Email, Youtube, etc.) and how to handle difficult situations.

### *Depression and Sleep.*

How big of an issue is depression in teenagers? Statistics show **1 of 5 teens experience depression before the age of 18**. The average teen is consumed by school, sports, relationships, and a plethora of ways to entertain themselves. For most teens sleep is just an afterthought; very few teens get the suggested 9 hours of rest for their age. When the next morning rolls around, the result is often a cranky, groggy, distracted teenager. What does this have to do with depression? A recent research by UC Berkeley shows that if sleep deprivation becomes chronic, depression can result. Their lead researcher Allison Harvey said, **"In the past, the general view was that sleep disturbances were a by-product of depression. Now research is pointing to a lack of sleep as a cause."** With treatments for depression limited, she believes that a little extra sleep could be a legitimate option. The average teen gets about 7 hours a night, leaving them two hours short of the recommended amount. Results from a recent study out of Columbia University Medical Center bolstered the theory that plentiful sleep can help prevent depression. Teens with mandated bedtimes of midnight or later were more likely to suffer from depression or suicidal thoughts than those who had bedtimes of 10pm or earlier, according to the June report. While studies are still being conducted on this issue, this should serve as a reminder to encourage your teen to make sleep a priority.





The latest survey from the Josephson Institute on Ethics finds that kids who cheat in high school are more likely to continue cheating and lying through life: to their spouse, their boss, their clients. Parents have to set firm standards of right and wrong. And often, for parents, that means telling the truth about a time when you may have told a lie. "It's perfectly acceptable to tell your child you messed up when you were a child and that you made some mistakes. And that you want your child to do better than you did," says child psychologist Dr. Spencer Gelernter. Even kids who do lie or cheat can learn not to, especially if they understand the consequences.

64 percent of high schoolers admitted to cheating on an exam last year.

42 percent of teens have told a lie to save money.

"AS FAR AS TELLING THE TRUTH ALL THE TIME I DON'T THINK THAT CAN BE DONE BY ANYBODY," says Ross, 16.

A recent edition of the "Report Card on the Ethics of American Youth," a comprehensive national survey on the ethics of young

people administered by The Josephson Institute of Ethics, showed the following concerning high school students:

- ↑ 71% ADMIT THEY CHEATED ON AN EXAM AT LEAST ONCE IN THE PAST 12 MONTHS (45% SAID THEY DID SO TWO OR MORE TIMES)
- ↑ 92% LIED TO THEIR PARENTS IN THE PAST 12 MONTHS (79% SAID THEY DID SO TWO OR MORE TIMES)
- ↑ 78% LIED TO A TEACHER (58% TWO OR MORE TIMES)
- ↑ 27% SAID THEY WOULD LIE TO GET A JOB
- ↑ 40% OF MALES AND 30% OF FEMALES SAY THEY STOLE SOMETHING FROM A STORE IN THE PAST 12 MONTHS

[http://www.connectwithkids.com/tipsheet/2009/466\\_dec2/thisweek/091202\\_cheat.shtml](http://www.connectwithkids.com/tipsheet/2009/466_dec2/thisweek/091202_cheat.shtml)

Robert A. DeMayo, a professor of psychology at Pepperdine University, suggested that new technology has created a generational shift in the ethics of many activities, such as illegal music downloads and plagiarism. **"The young do that in a widespread fashion and say yes, they know it's wrong; yes, it's stealing, but everybody is doing it. It becomes normalized, it becomes almost irrelevant that it's against the letter of the law."** <http://articles.latimes.com/>

**What can parents do to stop the deceit?** When discussing issues of morality and values, how can a parent illustrate what it means to be a person of character?

Experts at CHARACTER COUNTS! say it is important to ...

- **BE CONSISTENT** – The moral messages you send must be clear, consistent, and repetitive. Children will judge your values not by what you say but by what you do and what you permit them to do.
- **BE CONCRETE** – Messages about good attitudes, character traits, and conduct should be explicit, direct, and specific. Building character and teaching ethics is not an academic undertaking; it must be relevant to the lives and experiences of your children.
- **BE CREATIVE** –It should be active and involve the child in real decision-making that has real consequences (such as teaching responsibility through allocating money from an allowance or taking care of a pet).

Go to [Charactercounts.org](http://Charactercounts.org) for more information on instilling character in your kids.

# Kid's Culture

As we all know, kids grow at a rapid pace. Its important to keep up with their development during each stage of life. Commonsensemedia.org has listed how this development affects each age group.



## Kindergartener's Media Interests

- ◆ Cartoons on broadcast and cable channels such as PBS, Disney, and Nickelodeon
- ◆ Animated and live action G and some PG-rated movies
- ◆ Matching, coloring, educational, and fantasy online games on websites such as Lego, PBSKids, Barbie, and Disney
- ◆ E-rated educational, sports, and fantasy games on video consoles and handhelds



## Where they are Developmentally

- ◆ Know the alphabet and some basic literacy skills.
- ◆ Still afraid of the dark, loud noises, and strangers
- ◆ Enjoy slapstick humor. They will use swear words and "potty humor" to get attention
- ◆ Still can't distinguish between fantasy and reality
- ◆ Much play involves active make believe and fantasy
- ◆ Do not understand that the purpose of commercials is to sell something.

## Parents of Kindergarten age should:

- Establish media time limits.
- Decide whether to allow computer or online use.
- Set up online safety, safe search, and parental control features on computers and game consoles.
- Determine what media is age appropriate.

## Other issues to consider:

- Children's exposure to consumerism, in particular licensed characters from favorite TV shows and movies being used to sell toys, junk food, etc.
- The amount of children's exposure to and imitation of fantasy violence.



The questions below are designed for you to ask your teen. Use these questions as conversation starters about these topics.

**Streaming Music**– How do you get the music you listen to? CDs? Internet?

What type of music are you listening to right now?

What do you think makes a song acceptable or not acceptable to listen to?

**Teen Mom**– How do you think shows like this portray teen pregnancy?

**Internet Safety**– What are some of the dangers of the internet you have experienced or heard about?

**Teens and sleep**– How many hours of sleep do you normally get a night?

Do you think sleep affects your everyday life and how you feel on a daily basis?

**Lying and cheating**– How do you define a lie? (Cheating on a test? Keeping a secret from your parent? Etc)