

GUARD YOUR EYES

PREVENTION TIPS FOR PARENTS

note to self:
raise garage door
before backing out.

Accident Forgiveness
Part of *On Your Side*® Rewards

Life Comes at You Fast.™ That's why only Nationwide offers *On Your Side* Rewards like Accident Forgiveness. Whether your first accident is big or small, you'll be happy to know we won't raise your rates. We'll even extend Accident Forgiveness to teen drivers on the same policy.

Call me or stop by to get a free quote and learn more about *On Your Side* Rewards.

Sperom@Nationwide.com
Spero Insurance Agency
Call Moshe Spero today for a quote!
10706 Reisterstown Rd Ste 3
Owings Mills, MD 21117
(410) 356-4144

Nationwide
On Your Side
Auto Home Life Business

© 2006 Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Life Insurance Company, Northbrook, Columbia, Ohio 43215-2720. Nationwide, The Nationwide Companies and On Your Side are trademarks of Nationwide Mutual Insurance Company. Not available in all states.

Editor's Note: It is a sad commentary on our times that a website like GuardYourEyes.org is gaining prominence – sad because of the Internet-related tragedies that have already occurred in our *frum* community, and sad because who ever dreamed we would have to deal with such a thing?

The good news is that some people have recognized the danger and are doing something about it. Philip Rosenthal is on the advisory board of GuardYourEyes along with Rabbi Dr. Abraham Twerski. An addiction therapist and former cyber-cop, as well as a renowned speaker on the dangers of technology, Mr. Rosenthal makes a stark statement: "Parents who consider giving their teenager unrestricted and unsupervised Internet access may as well buy them a gun. They're likely to do less damage....There is no complete solution, but there are tips, safety features, and vigilance. Parents need to start opening their eyes and embracing these technologies so that they can understand what the dangers are."

To this end, the *Where What When* presents this information for parents, written by those behind the GuardYourEyes website:

Basics for Parents

1) *Remember that censorship is never a full solution:* The real challenge for parents and educators today is how to strengthen our children internally so that they are not as strongly affected, emotionally or morally, by what they see in the world around them. Aside from parental controls over Internet use, parents must set a good personal example in the way they dress and in the way they

Parents who consider giving their teenager unrestricted and unsupervised Internet access may as well buy them a gun. They're likely to do less damage....There is no complete solution, but there are tips, safety features, and vigilance. Parents need to start opening their eyes and embracing these technologies so that they can understand what the dangers are.

spend their leisure time. We must provide our children with the strength and knowledge of how to resist the temptations of our very open society.

2) *Emotional vulnerability to the pull of inappropriate material/activities:* The religious clinical psychologist Dr. Benzion Sorotzkin points out in an article that the problem of addiction to inappropriate material amongst teenagers doesn't always stem from lack of "external control," but rather from factors that make kids emotionally vulnerable to its pull. As Rabbi Leib Kelemen (author of *To Kindle a Soul*) notes:




Ultimately, restricting Internet access is a necessary but insufficient solution....What is needed is healing the personality weaknesses that virtually guarantee that some individuals will fall victim to Internet temptations. Studies show that those most likely to get into trouble are not deterred by limits on Internet access.... Therefore, a key challenge to parents and educators is identifying the risk factors.... Researchers describe four pre-existing conditions that put an individual at high risk for getting into trouble on the Internet. They are: 1) lack of family bonds, 2) low self-esteem, 3) inability to express opinions and questions, and 4) inability to socialize.

3) *Show lots of love and be a good example in everything.* The issue really boils down to parenting. If we're good parents and do what we're supposed to do, loving and trusting our children in the

(continued on page 82)



Shifi's Maternity

-  Shells
-  Chasunah suits
-  Nursing nightgowns & apparel
-  Tops, skirts & twinsets
-  Shabbos & Yom Tov outfits
-  Ballroom skirts
-  Shabbos robes

HOURS

Sunday
10 a.m.-1:00 p.m.

Tuesday
8:00 p.m.-10:00 p.m.



Convenient appointments available.

Fraida Baila Rahbaran
6601 Greenspring Ave. • (410) 484-1330

From Casual to Formal

EZ Storage

Mt. Washington/Pikesville
7401 Old Pimlico Rd.
Baltimore, MD 21209

410-486-8051/410-823-4107

\$1.00 Special
1st Full Month
on
Select Units

Pinchas Urszuy Master Plumber

Best Service
for Best Prices

24/7
Emergency Service

410-764-7277

Shomer Shabbos

Upfront Pricing on Time & Materials
Senior & Veteran Discounts

- Tubs
- Sump Pumps
- Laundry
- Faucets
- Water Heaters
- Hosebibs
- Toilets
- Draincleaning
- Gas Lines
- Drain Lines
- Jetting
- Gas Appliances
- Leaks
- Sewer Camera

RESIDENTIAL & COMMERCIAL

No job too small or too dirty

Lic #20629

Holidays - Owned + Operated by Non-Jewish Personnel

Holistic Nutrition

Lauren I. Mirkin MS, CNS, BFRP

As a licensed nutritionist and trained counselor with an eclectic, open-minded approach, I draw on the most effective techniques—both conventional and alternative—to complement my clients' care in areas such as:

- Weight management
- Diabetes
- High blood pressure
- High cholesterol
- ADHD
- Autism
- Mood disorders
- Eating disorders
- Compulsive eating

I will use my experience as a holistic nutritionist to design a program to enhance your health.

I will apply my knowledge of whole foods, supplements, herbs and homeopathy to help you achieve your wellness goals.

Available in Pikesville & Columbia

HolisticNutritionist@verizon.net
www.holisticnutritioncounseling.net

410-580-1509

Guard Your Eyes (continued from page 79)

right way, they'll feel comfortable to come back to us and work with us. You can never hug and kiss your children enough. Say, "I love you unconditionally. I will never judge you. You can share anything with me." Speak daily to your kids and ask how their day went. In short, *be part of their lives.*

One parent shared some wise advice:

When children learn by example that our lifestyle is one of joy and serenity, they will be much less likely to consider the alternatives. Mitzva gedola lihiyos besimcha tamid. Why? Because Torah without simcha just doesn't sell. The life of tumah and taiva all around us seems like a veritable Gan Eden to sad, depressed, and bored youth. How does our Shabbos table look? In what tone of voice do we talk to our kids about yeshiva, cheder, learning, and rebbeim? How do we teach our children to daven, and how do we react when they don't meet our standards? How do we present tznius: "Wear that and I'll kill you!" or "a special package comes in a special wrapper"?

We recommend taking advantage of some of the excellent resources available today, like Rabbi Dov Brezak's parenting line (Project Kavey, www.kavey.org, 415-639-3002) and Mrs. Dina Friedman's parenting course (www.clparenting.com, 732-901-6884).

4) *Be intellectually honest:* Unfiltered Internet access is not safe for adults either, especially for the males of the household. Don't expect to start lecturing kids about Internet standards if you don't set standards for yourself. Tell your kids about your own precautions with Internet use, and talk to them from time to time about how the dangers of the Internet can be much worse than eating non-kosher.

Parents who are having their own difficulties with Internet use are urged to seek help, if only to be more effective parents for their children. Visit www.GuardYourEyes.org, contact eyes.guard@gmail.com, or call our support hotline at 646-600-8100.

General Tips

The tips below are suggestions only. You may decide to use some and not others, but please consider the matter very carefully. Regardless of which safeguards you choose to enforce, the following tips can at least provide an appreciation of the serious dangers to your children that you may not have been aware of. We encourage everyone, even those who believe that some of our suggestions are "too extreme," to at least keep an open eye and deal with extra vigilance when allowing your children access to digital technology.

1) *Don't let kids have their own computer in their room or anywhere you can't look over their shoulder anytime:* If they close the screen when you walk by, you may have a problem.

2) *Don't get rid of the computer altogether:* This will only encourage kids to go to the library or a friend's house.

3) *Assign time limits for being online:* Most Internet filters (discussed below) allow parents to set time limits on surfing. In addition, certain operating systems (e.g. Windows Vista and Windows

Guard Your Eyes

7) allow parents to set time limits for using the computer. (For the latter to be effective, a parent must have administrator access, while the children must have their own desktops with limited accounts, a setup which is highly recommended in any event).

4) *Be careful of content on game devices:* Many of them have Internet access today. Many of the games today also have scenes of violence and moral degeneracy that are far below the standards we want our children to be exposed to. Make sure your children show you all the games they have, and join them when purchasing new games.

5) *If you feel your child must have a cell phone, use a voice-only cell phone:* Other features, such as Internet access, video clip download (which is sometimes a separate feature), and texting should be blocked.

6) *Know who all your kids' friends are - and speak to their parents about your Internet safety and movie rules:* If friends of your children have unrestricted Internet at home or if they watch non-Jewish movies, do not permit your children to go to their house. If this is not possible, make sure your children commit to avoiding these activities and check up on them periodically.

7) *Know where your kids are at all times.*

8) *Learn about and understand the technology that you allow into your home:* Children are often far more adept at figuring out how new things work. Study the manuals for every electronic gadget you allow your children to have (or speak to someone knowledgeable), to understand its capabilities and ensure that there are no possibilities for Internet access or playback of inappropriate media.

9) *Sign yourself and your teenagers up for the GuardYourEyes daily chizuk emails on shemiras ainayim:* Learn practical tools and attitudes for dealing with today's moral challenges. To sign up, see our website at GuardYourEyes.org, or contact eyes.guard@gmail.com.

Internet Safety I: Safeguards and Filters

Rav Yosef Viener, Rav of Kehillas Sha'ar HaShomayim in Monsey, says:

If you do not have Internet, do not get it. And if you have it and it is not absolutely necessary, get rid of it. All the advice in the world is not as good as not having the temptation around in the first place. The first thing you have to ask yourself is "Is it really necessary, or am I fooling myself?"

If you really need Internet in your house, the system for combating the dangers needs to be two-tiered: filters and reporting software. A filter blocks sites that are deemed problematic. A reporting system tracks the Internet sites visited and provides a report to another person, such as a parent, friend, or rav.

Why do you need both filters and reporting software? Rav Viener explains:

Since no filter is perfect, everyone needs the deterrent of possible embarrassment in order to restrict his viewing to what is kosher. Reporting software reports every website vis-

EXPERT FITTING & ALTERATIONS

essentials
BOUTIQUE
FOR YOUR LINGERIE NEEDS

410.764.2727

3415 CLARKS LANE APT. B1
BETWEEN PARK HEIGHTS & CROSS COUNTRY

CHANIE NEUBERGER • TOVA WENGER

APPOINTMENTS AVAILABLE
HOURS: SUNDAYS - 10:30AM-12:30PM • MONDAYS & WEDNESDAYS - 8:30PM-10:00PM

KALLAH DISCOUNT

SINU REFUAH PHARMACY שומר שבת

Hours: M-Th: 8:30-7:30, Fri: 8:30-3, Sun: 10-3

Your Reliable, Convenient and Caring Community Pharmacy

We match and/or beat other pharmacies' prices, discounts & coupons*

FREE DELIVERY

RECEIVE \$5 FOR EACH PRESCRIPTION up to 2 new or transferred prescriptions. Redeem in store. Expires 8/26/10.

*Some restrictions may apply

Severn Mill Ln Reisterstown Rd Slade Ave
Park Heights Ave

SLADE SHOPPING CENTER
306 Reisterstown Rd

410.486.SINU (7468)
FAX: 410.486.7469

© The Advertiser 410-764-3787

A Beautiful Future Is All Yours.

WIG & HAIR DESIGN TRAINING

- Shaitel Cutting, Texturizing, Basic & Modern Cuts
- Exquisite, Classic Wedding & Bridal Hair Dos
- Shaitel Washing, Blowing, Custom Fitting & Styling

Keep In Mind! Our Teaching Techniques Are Unbeatable!

Register for August Semester

347-432-2000

Boro Park, 5 Towns, Monsey, Williamsburg, Lakewood, Baltimore L.A.

Instructors: Experienced, Licensed Professionals, exceptionally talented and trained by TIGI, Capri, Vidal Sassoon, Paul Mitchell and other Master National Academies.

Classes Now Forming In Baltimore!



שומר שבת 702

Tom's Electrical Service, Inc.

MASTER ELECTRICIAN • LICENSED & INSURED

- ⚡ Electric Switches
- ⚡ Outlets
- ⚡ Lights
- ⚡ Ceiling Fans
- ⚡ Security Lighting
- ⚡ Electric Lines
- ⚡ Breaker Boxes
- ⚡ 120/240 Volt

T.S.

INSTALL OR REPAIR

T. 410.499.5420

F. 410.358.1916

CALL FOR YOUR FREE ESTIMATE

Design by SpringDesigns@gmail.com

Guard Your Eyes

ited. That report is then sent, either daily or weekly, to somebody one would be uncomfortable with if he found out you had engaged in behavior unbefitting a ben Torah: maybe a chavrusa, a rabbi or rav. If you do not have that, the filter will probably not work for too long. But if you have a filter and a reporting system, you have half a chance. It's still not perfect. Perfect means getting Internet out of your house. But if you must have Internet at home, these two protections have to be in place. They are either free or require just a small monthly charge. Most are downloadable and easy to set up on your own.

There are several ways to accomplish such filtering and reporting:

1) *The best option is a white-list filtering system:* If you can use a white-list filter service like Yeshivanet.com, that is the safest. A white-list system only allows websites that you ask the company to open. Everything else is blocked by default.

2) *The second-best option is Internet filtering software:* Install a filter on every computer at home. Make sure to set the level of your filter's security to "high." For a free and reliable filter, we recommend K9 Web Protection from Blue Coat, Inc. (download at k9WebProtection.com). We also suggest NetNanny (NetNanny.com) and SafeEyes (InternetSafety.com). Jnet (TheJnet.com) also has great filter solutions for the computer, Blackberry, and other mobile devices, (although Internet access on portable devices, even with a filter, is not recommended for children).

3) *Don't fall into a false sense of security:* Filtering programs can be and will be defeated. Even if your kids are not tech-savvy, a friend is, and may find a way to turn it off, so take that into consideration. (This is another reason why monitoring software is so important – see next paragraph).

4) *Install a keylogger (monitoring software):* This invisible program lurks unseen on your computer, sending reports of every keystroke, including passwords, to an email of your choice for your review. Your kid can't defeat it; he doesn't know it's there – although it is advisable to let your children know that there is some type of monitoring taking place in order for this knowledge to serve as a deterrent, without giving them enough information to allow them to override the monitoring.

Get these reports. *This software has saved lives.* We recommend eBlaster (from spectatorsoft.com). It normally costs \$100, but those ordering through Guard Your Eyes can call 888-598-2788 and give the code 1926 to receive a \$20 discount. Webchaver is also a good reporting system (www.webchaver.org) run by religious Jews for only \$3.95 a month, and it can also be used on cell phones or PDAs (at no additional cost), as well as on the iPhone and iPod Touch.

5) *Contact the Guard Your Eyes filter "Gabai" at filter.gye@gmail.com:* Ask him to hold the password for you. This way, no one is tempted to make changes to the filter. The Gabai can make changes to the filter for you when necessary, by using remote accessing software, such as ShowMyPC or TeamViewer. He can also be contacted for advice on what filter to install for different operat-

Guard Your Eyes

ing systems, such as PC, Mac, iPhone, Blackberry, etc. He can also help you install the filter if you are not "computer savvy."

Internet Safety II: What to Block and Not Allow

1) *No user profiles:* Too many exploited kids are snared by predators reading these useless and dangerous public information posts. Dump them. Children should not be providing any identifying information, like names, home addresses, school names, telephone numbers, email addresses, and photos.

2) *No face-to-face meetings with people met online.*

3) *Teach your children never to respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing.* A parent or other trusted adult should be shown such messages immediately. If your child tells you that they were exposed to inappropriate communication or websites, compliment them for doing the right thing and letting you know.

4) *Never download pictures from unknown sources.*

5) *No Buddy List members whom your children don't know.* Have them identify every person on the list and delete anyone they don't know.

6) *No chat rooms.*

7) *No MySpace, FaceBook, Twitter, Google Buzz, or other social networking sites:* These networks can be even more dangerous than indecent websites, because social networking is where "everybody meets everyone" with no inhibitions. Even the non-Jewish world has recognized the dangers involved in these sites. (In April 2010, a Ridgewood, New Jersey public school principal sent a letter to parents urging them to block their children from such sites.) If your child must have a Facebook account (since all their friends have it), parents must make sure they have FULL access rights into the account, and even should have their kids' passwords so they can spot check at any time.

8) *No Peer-to-Peer software or Torrents that allow unrestricted file sharing between millions of users online:* Aside from the obvious dangers of exposure to indecent material, downloading music or videos without paying for them is stealing.


9) *Be careful what you let your children watch.* Even the so called "kosher" movies today don't meet our standards of modesty.

10) *No video and image searches:* Sites like YouTube, video search engines (e.g., Google Video) and image search engines (e.g., Google Image) should all be blocked by the filter. The potential to access harmful material easily is simply too great.

11) *No classifieds and personals websites like Craigslist:* Children may stumble upon inappropriate services offered on these sites.

12) *Check up on your children:* Make it a habit to check their textings, email accounts (if possible), browsing history, and Facebook pages (if applicable). Monitoring software, set up properly, can make this easy to do. ♦

For more information and support, go to www.guardyoureyes.org, or call the hotline, at 646-600-8100.



You are not alone
COUNSELING • SAFE HOUSE • LEGAL SERVICES

confidential hotline
410-234-0023

Monday & Thursday
8:30 a.m. - 8:30 p.m.

Tuesday, Wednesday & Friday
8:30 a.m. - 5:30 p.m.

CHANA
COUNSELING, RECOVERY AND SUPPORT FOR ABUSED WOMEN

THE ASSOCIATED
Women's Department

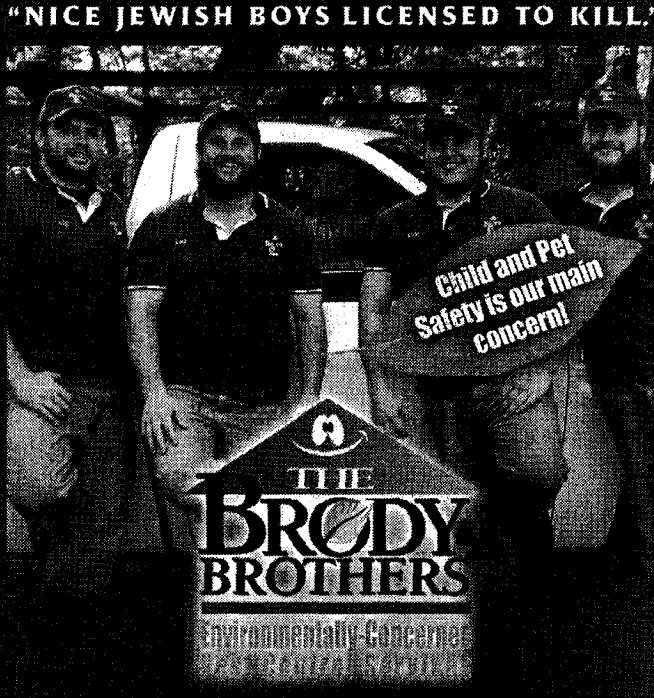
In cooperation with Jewish Family Services and The House of Ruth

AMERIROOFS
Fast, Honest, Quality Work
Roofing, Siding, Gutters
Best Prices • Best Quality

410-358-ROOF (7663)
40 YEARS EXPERIENCE

שומר שבת
Licensed, Bonded Insured MHC#82438

"NICE JEWISH BOYS LICENSED TO KILL"



THE BRODY BROTHERS
Environmental - Commercial - Residential

Call: 410-653-2121
www.BrodyBrothers.com

שומר שבת MDA License # 28177 | Family Owned & Operated Since 1984