Negative Influences on the bond of Family

Today's world can be a hazardous place for children and for close family bonds. Many influences exert pressure on the family in different ways.

<u>Technology</u>
"Is technology tearing apart family life? Text messaging, social networking, and online video are changing the way parents and children see the world—and each other." There are many technologies in today's world that are widely used not just as a want, but as a necessity of life.

The use of computer games is another thing that has reduced human contact between family members. Before computers were used in the home, if someone wanted to play a game, they usually had to find at least one other family member to play a board game or card game with them. That forced families to spend more time talking to each other. Now if someone wants to play a game that requires more than one person, they can just go on the computer and either play online against another person, or they can play against the computer.

The television has many effects on family life and the individual, causing family bonds to unravel and the individual to become naïve of their surroundings. The TV keeps one hooked for hours on end, causing family relationships to diminish and personal relationships to weaken. Not only does the TV seem to be a good alternative to conversations and interactions amongst one another, but it also helps to create a gap between the fictional world of TV and reality. Television watching also has a major impact on the self-image one has of themselves. The TV paints a false image of what the normal and accepted person should look like. The person watching, therefore gets sucked into the mindset that they have to be like the well-toned models seen on TV, this creates many different problems. Insecurities within the individual flourish and they are constantly bombarded with images of how they should be, in order to fit into today's society

<u>Peer Influence</u>
Peer influence is remarkably powerful all through our lives. But it's never more impactful than in childhood when values have yet to take root and the self is still being formed. For kids and teenagers, dealing with negative influences can have an upside. In the same way that fending off certain bacteria can boost the immune system, some exposure to naughtiness can strengthen a child's character and bolster his or her ability to make smart choices. "If you want kids who are resilient, you can't isolate them from social pathogens," says Timothy Verduin, Ph.D., a clinical assistant professor of child and adolescent psychiatry at the New York University School of Medicine. "Think about the long view, that you're training them to handle less-than-ideal people and solve their own problems." In fact, most children ultimately reject bad influences, realizing that they don't want to be sent to detention or risk getting hurt. Unfortunately, some kids find rebelliousness alluring. Whether your child will be easily influenced is nearly impossible to predict, at least until the teen years.

Some Solutions

Three things kids need most from their parents are love, limits and time. Naturally, our kids need our love. They need our verbal and physical affection. They need regular doses of affirmation and encouragement. Our kids also need limits. They benefit from knowing that there are clear boundaries for their behavior and what the consequences will be if they violate those boundaries. Our children need our guidance in order to face the many temptations in their world. Without it, they may end up making tragic mistakes that will have life-long repercussions. Finally, our kids need our time. Far too many children and parents today are over scheduled and families are paying the price. It may sound cliché, but the wisdom is tried and true — our children need quality and quantity time with us.

Our children (and especially our teenagers) desperately need a listening ear. They long to know that they can talk to us about anything, even difficult issues like sex and drugs. When our kids tell us something that's shocking to hear, we need to be careful how we react. Rather than immediately getting angry or pointing a finger, we can ask gentle questions that will open a dialogue about the matter.

Our postmodern, relativistic culture is having a devastating impact on the faith of our young people, so it's crucial for us to be intentional about passing on faith to our children. If we give them a solid foundation of values and beliefs, they will have the tools to stand strong in the midst of temptation.

A good article on strengthening family bonds
https://www.verywellfamily.com/how-to-strengthen-your-familys-bond-ten-tips-2609591

Notes extracted from:
https://www.focusonthefamily.com/parenting/parenting-challenges/protect-your-kids-from-negative-influences
https://www.bartleby.com/essay/The-Positive-and-Negative-Impacts-of-Technology-PKX9VE3TJ
https://www.realsimple.com/work-life/family/bad-influence