



# Digital Birds & Bees: Talking Tech, Teens, & Sex

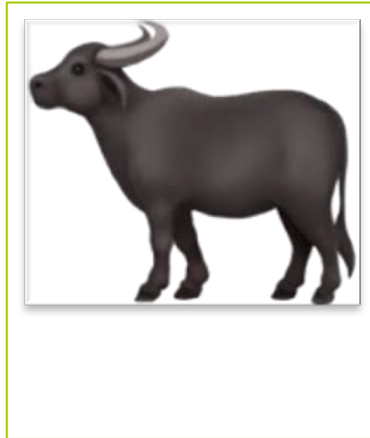
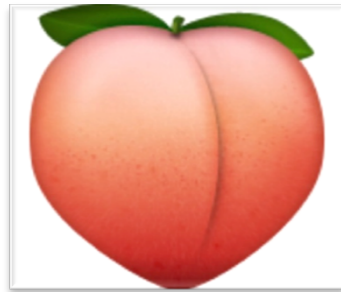
Alex Rodrigues, Psy.D.

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# Warning: Sexually Explicit Material Follows



# Emoticon Decode



- An example of co-construction phenomena

# This week in tech:

## **China restricts kids' online gaming to three hours a week**

Romain Dillet @romaindillet / 6:47 AM MDT • August 30, 2021

 Comment

## **Why OnlyFans had second thoughts on banning sexually explicit content**

Site announced last week it was suspending adult content, only to quickly change its mind

## **Nirvana Is Being Sued by the Man Who Was the Nude Baby on the *Nevermind* Album Cover**

## **TikTok bans viral 'milk crate challenge' over safety concerns**

Aisha Malik @aishamalik1 / 3:21 PM MDT • August 27, 2021

 Comment



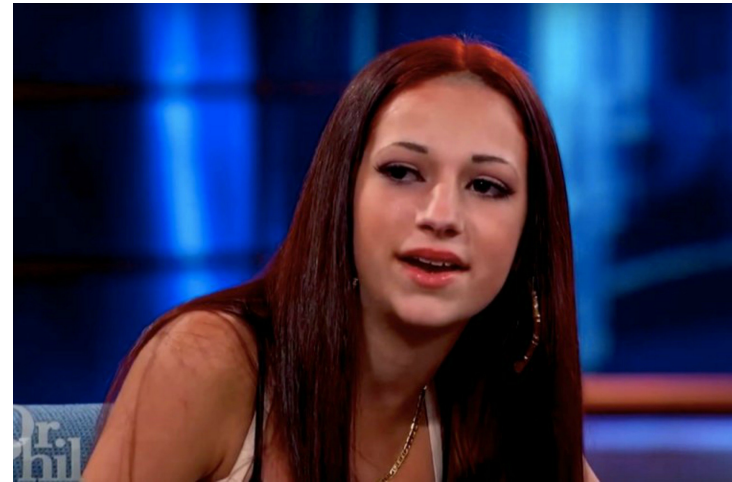
# This week in tech: Only Fans

- ◉ London based company
- ◉ Debuted in 2016, but took off during the pandemic
- ◉ Largely associated with adult entertainers & sexually explicit content
- ◉ Recently planned to remove sexual content but has since retracted the decision



# This week in tech: Only fans

- 400 million in revenue
- Site takes a 20% cut
- 1.25 million creators
- >130 million users



# This week in tech:

- *Little league world series*

# Dr. Alex Rodrigues

- Consult on:
  - Mental health-legal issues
  - Employment-related matters
  - Sexual education in the digital age
    - *How did I get interested in this topic?*

# Learning Objectives

- Identify some of the most popular Internet technologies and applications
- Identify the effects associated with high sexual content consumption
- Identify two ways that adults can address teenagers' online sexual behaviors

# David Bowie: a man of many talents



*Bowie BBC Interview*

# Framing the Discussion

- How many attendees address digital use in treatment with clients?
  - What apps., platforms, etc., are referenced the most?
  - Do you ask whether the client has ever felt uncomfortable online?
- What are the chief areas you focus on?
- Where would you rate yourself regarding overall knowledge/comfort/familiarity about technology related issues?
- What is your experience regarding caretakers/parents/other professionals knowledge about such issues?
- Does anyone have any experiences they wish to share?

# Presentation Outline

- A. Why address this issue?
- B. Adolescence maturation
  - A. Sexual development
- C. Emerging technology & development
  - A. Platforms & applications
  - B. Technology facilitated abuse (TFAs)
- D. T.E.A.M.S. approach



# Part I: Why Should Providers Care About Such Issues?

- Increasing encroachment of the digital world
- Increasing online sexual activity (*legal & illegal activity*)
- Cultural competency matter
- Statutory requirements?

# Key Terms & Distinctions

- ◉ Screen media
  - ◉ TV, DVD, Online Videos, Streaming Services, Video games
- ◉ Social gaming
  - ◉ Online gaming where players interact real time with each other
- ◉ Mobile media
  - ◉ Mobile device & mobile media (e.g., smartphones, tablets)

# Key Terms & Distinctions

- ◉ Analog vs. digital
- ◉ Traditional vs. new media (digital)
- ◉ Physical world vs. digital world
  - ◉ *Stop using the term “real-world”*
- ◉ How to define “risk?”

# Key terms & distinctions

- Online sexual behavior:
  - The exchange or use of intimate, sexually insinuating information or material exclusively online

## Teen Media Use & Effects: Common Sense 2019 Survey *(Rideout & Robb, 2019)*

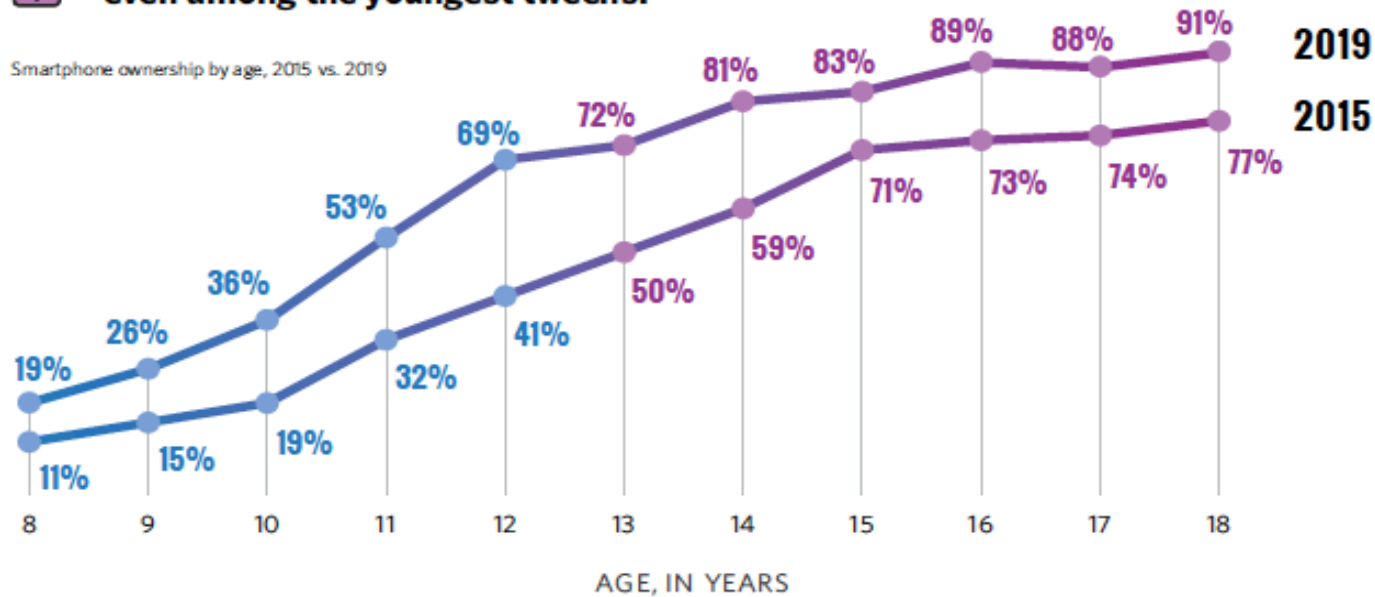
- Randomly polled 1,600 U.S. 8-18-year-olds
- Focus
  - Media activities, frequency of use, and duration of use
  - Tweens: 8-12yo

# Teen Media Trends\*



**Smartphone ownership has risen dramatically, even among the youngest tweens.**

Smartphone ownership by age, 2015 vs. 2019



# Common Sense 2019 Survey: Key findings

- ◉ Increased Screen use
  - ◉ Tweens: used nearly 5 hours
  - ◉ Teenagers used 7.5 hours
- ◉ Daily online viewing has increased
  - ◉ Tweens: 56% used daily
  - ◉ Teens: 69% “ “
- ◉ Decline in traditional TV watching

# Common Sense 2019 Survey: Key findings

- By 11, 53% of kids have own smartphone, by 12, 69%
- More screen time for lower income groups



# Common Sense 2019 Survey: Key findings

- Social media use time has remained constant, but age of onset varies
  - Median onset age: 14
  - Amount of time on SMS, relatively the same (2015: 70 minutes, 2019: 70 minutes)
  - However, the proportion that use SMS daily has increased to 63% (up from 45% in 2015)

# Common Sense 2019 Survey: Key findings

- But...few minors are creating their own content
- Boys & Girls have different media tastes
  - Boys enjoy all types of gaming more (e.g., mobile games, computer games, console games)
  - Girls favor listening to music
  - Girls tend report “enjoying” using SM more than boys, use it more frequently (daily), and for longer periods

# Common Sense 2020 Census: 8 & Younger (Rideout & Robb, 2020)

1. Average of 2.5 hours of screen time daily
  - Older children used more time
2. Online videos dominate
  - YouTube, streaming service, & then traditional television
3. The digital divide is stuck
  - Access to the Internet remains the same as 2017 levels

# Common Sense 2020 Census: 8 & Younger

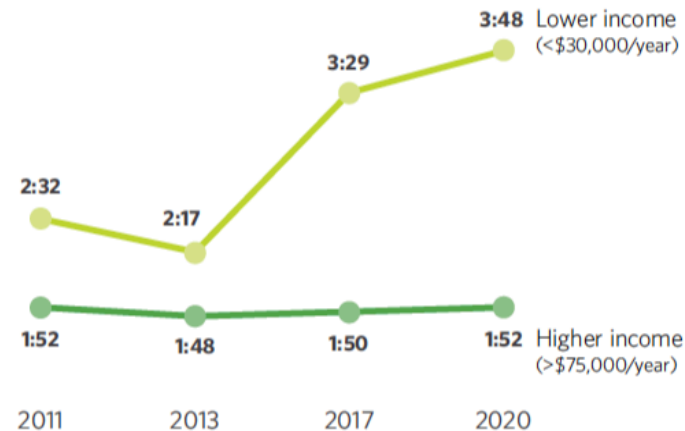
4. Significant differences in screen time according to income, race, and ethnicity
  - Lower vs. Higher income (40 % difference)
5. Black parents more likely to see the educational benefits to screen use
6. Parents have positive views of screen media children use
  - Refers to amount & quality of use

# Common Sense 2020 Census: 8 & Younger

**FIGURE F. Screen Media Use, by Demographic, 2011 to 2020**

Among 0- to 8-year-olds, average screen use per day

INCOME



# Common Sense 2020 Census: 8 & Younger

7. Amount of time children read from lower income families has increased
  - Increase in frequency & amount
8. Media use for 5-8yo becomes more independent, mobile, and social
  - 67% of 5-8yo have their own mobile device

# 2020 Common Sense Census: 0 to 8yo, Gaming

**TABLE 24. Time Spent Gaming Per Day, by Age, 2020**

Among 0- to 8-year-olds, average time spent playing each type of video game per day

	Under 2	2 to 4	5 to 8
Console games	:00 <sup>a</sup>	:04 <sup>b</sup>	:14 <sup>c</sup>
Computer games	* <sup>a</sup>	:01 <sup>a</sup>	:05 <sup>b</sup>
Mobile games	:01 <sup>a</sup>	:10 <sup>b</sup>	:21 <sup>c</sup>
<b>Total gaming</b>	<b>:01<sup>a</sup></b>	<b>:15<sup>b</sup></b>	<b>:40<sup>c</sup></b>









\*numbers are recorded in minutes (i.e., 15<sup>b</sup> is 15 minutes)

# Common Sense: Fortnite




- Fortnite



# Traditional Media, Teens, & Sex

-  sexual content;  likelihood for sexual activity debut
-  sexual content;  advanced noncoital activities
-  sexual content;  increased pregnancy  
(Collins et al., 2004)  
(Chandra et al., 2008)
-  sexual content;  STD risk  
(Wingood et al., 2003)

# Correlates of Online Sexual Activity (OSA)

- OSA associated with:
  -  Risky sexual behaviors
    - Large number of sexual partners
    - Inconsistent condom use
  -  Psychological issues
    - Greater anxiety, depression, loneliness, self-esteem issues
  -  Sexual functioning
    - Decreased satisfaction w/sex
    - Decreased sexual interest
    - Erectile dysfunction

# Are There Positive OSAs?

- Gain sexual experience in a safe, sanitary context
- Meet new potential partners
- Increase social networks
- Personal development for sexual minorities

# *In what ways does traditional media & digital media differ?*

- *Content creation*
  - Does creating content result in different effects than passively consuming it?

## Part II: Adolescent Development (*“A recipe for disaster”*)

- What's the age of onset for adolescence?
- What age does adolescence end?
- What markers or behaviors should we use to determine the start and end of adolescence?

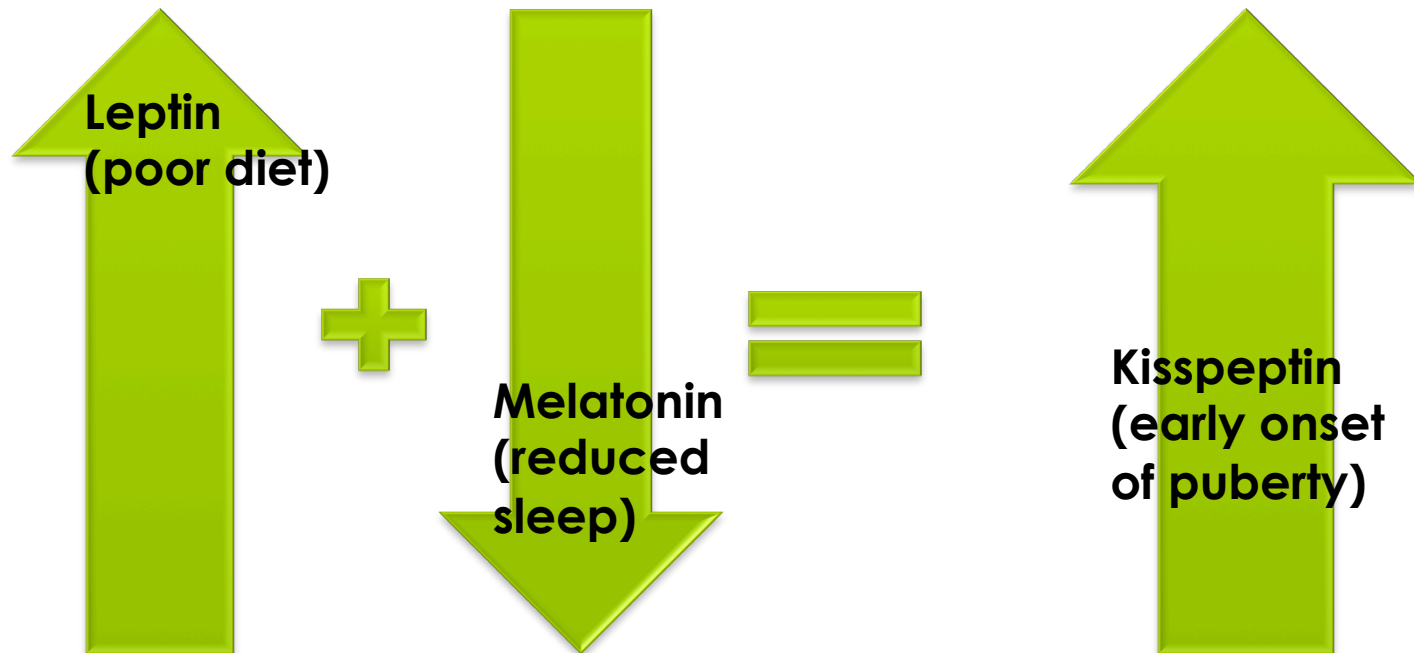
# Suspected factors causing early adolescence onset

(Steinberg, 2015)

- Blend of genetic and environmental influences
- Kisspeptin is a brain chemical that help signals the production of estrogen and testosterone, which triggers larger physical changes
- Leptin is a protein made by fat cells, which increases production Kisspeptin
- Melatonin, the sleep hormone, suppresses kisspeptin

# Suspected factors causing early adolescence onset

(Steinberg, 2015)



# Suspected factors causing early adolescence onset

(Steinberg, 2015)

- What do we think is contributing to the decrease in melatonin?
- Other contributing factors:
  - Endocrine disruptors
    - Plastics
    - Pesticides
    - Hair care products
    - Meat & dairy products



# Suspected factors causing early adolescence onset

(Steinberg, 2015)

- Other contributing factors?
  - Family stress
    - Early onset found among families with:
      - More familial conflict
      - Absentee father
      - Family members report feeling less close
  - Suspected related to increased cortisol

# Age of Opportunity: Lessons from the New Science of Adolescence

*The onset of adolescence is defined by biology whereas the end is defined by culture*



# Adolescent development

- Adolescence is the second greatest period of growth in the human lifespan
- Tremendous plasticity (high sensitivity to the environment) & potential for change
  - Experience shapes the brain
- Brain is approximately adult size at 10yo, but internal changes occur far after, up to one's mid 20s

# Adolescent Development (“A recipe for disaster”)

- Strong engine
  - Hyper-sensitive emotional-reward system
- Weak brakes
  - Underdeveloped prefrontal cortex & impulse control



# Psychosocial changes associated with adolescence

- Identity formation & experimentation
  - Teenage years are associated with greater experimentation
- Teenagers actively seek peer approval & acceptance
  - Peaks at 15yo
  - Contributes to ^ peer pressure
- Limited perspective taking
  - Poor mental maps (theory of mind)
  - Unable to distinguish short & long-term consequences

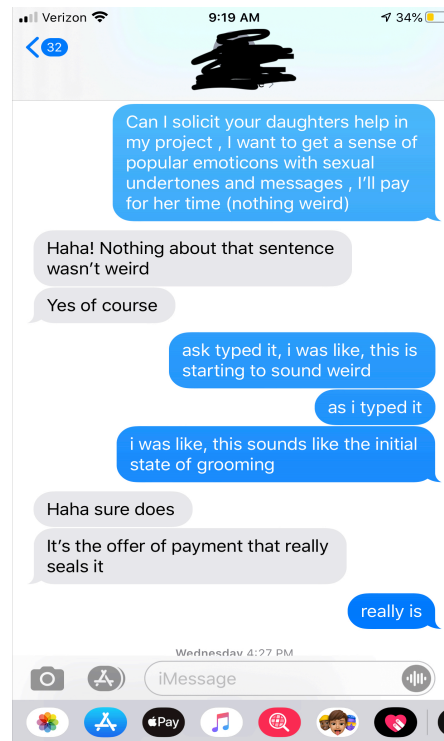
**WHEN YOUR SON IS GOING THROUGH A PHASE**



# What is Adolescence?

- Approximately initiating around the age of 10
  - Evidence suggesting the age of adolescent onset is declining (Why?)
- What are the key developmental tasks of adolescence?
  - Identity exploration/formation
  - Fostering peer group

# Part III: Emerging Technology & Developments Okay (*Let's Get Weird*)



# Key Ideas

- Triple A Engine (Cooper)
  - Affordability
  - Accessibility
  - Anonymity
- Social Disinhibition Effect
  - Physical distance



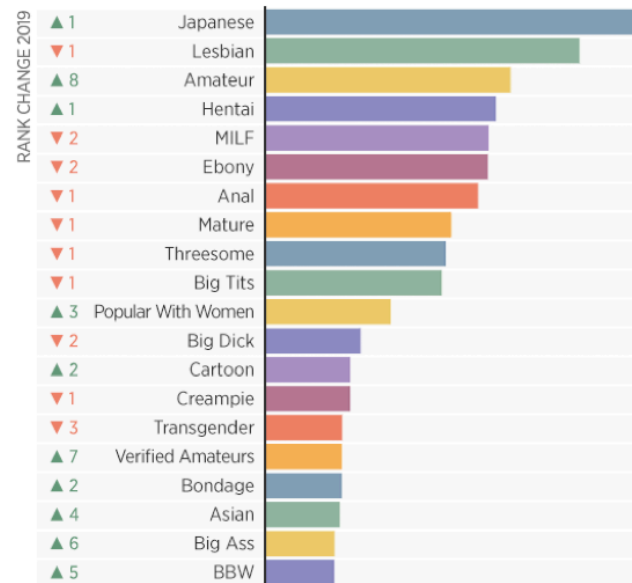
# Pornography

- [New Zealand Safe Porn Campaign video](#)
- [Keep It Real Online](#)

# Pornography

- Commercially available
- Key Terms:  
Pornhub, Xhamster, POV, Mature (GILF), Onlyfans, Lana Rhoades, Mia Khalifa, Riley Reid, Hentai

## Most Viewed Categories of 2019



# Pornography: Pornhub 2019

## Year in Review

- Top search term?
  - #1 Amateur (followed by #2 alien(?), #6 Mature (Glf)
- Most trafficked country?
  - #1 U.S., #2 Japan, #3 UK
- Average US visit?
  - 10 min 36 sec
- Favorite time for porn watching?
  - Sunday 11pm (worst: Monday 5am)

# Pornography (Pratt, 2021)

- Much more heavily used by males than females
  - 76% of videos reviewed showed men orgasming vs. only 17% for women (Klassen & Peter, 2015)
- Some scientific evidence to suggest porn follows the same addiction pathways as gambling
- Porn can shape one's sexual attitudes & behaviors...

# Pornography use risk (Alexandraki et al., 2018)

- ◉ Early exposure associated with increased:
  - ◉ Normalizing attitudes towards Pornography
  - ◉ Permissive sexual attitudes
  - ◉ Sexual Preoccupation
  - ◉ Sexual experimentation
- ◉ Increased use associated with:
  - ◉ Internet risk behaviors
  - ◉ Depression
  - ◉ Voluntary self-exposure

# Pornography

- How can pornography affect a teenager?
  - Contribute to unrealistic sexual expectations
    - Most pornography is oriented and tailored for a male audience (mutual reciprocation?)
    - Pizza delivery man scenario

# Pornography

- How can pornography affect a teenager?
  - Body image issues
    - One doesn't typically encounter the "average" penis in pornography
  - Unrealistic, or potentially harmful, perception of beauty and sexuality
  - Pornography does not emphasize safe sex

# Pornography questions

- Questions to ask youth about pornography?
  - What type of content do you view (e.g., amateur, soft-core, hardcore, mainstream, feminist porn, fetish, BDSM, etc.)
  - Did the individuals engage in consensual sex? How do you know (e.g., behaviors, statements, etc.)
  - Are all actors & actresses willfull participants?
  - Should participants where condoms?



# Pornography questions

- Questions to ask youth about pornography?
  - Can pornography influence the way someone engages in physical sex?
  - Is pornography a good way to become rich? Why or why not?

# Pornography questions

- Questions to ask youth about pornography?
  - Are the men and women treated/depicted as equals?
  - What would prevent/encourage you from acting out a behavior/scene from pornography?
  - Is intimacy different from sex? If so, how?

# Pornography questions

- Questions to ask youth about pornography?
  - If a minor views pornography, are they breaking the law?
  - What constitutes pornography?
  - If your boyfriend/girlfriend watched pornography, would you be okay with that?

# Social Media

- How would you define social media?
  - Considerably broader than most intuitively think
  - Electronic communication where users create and share content
- Key terms: Facebook, Instagram, Snapchat, Twitter, YouTube, TikTok, Parler, Reddit, 4chan
- What was the first social media platform?
  - Six degrees



# Types of Social Media Platforms

- Photo & Video Sharing
- Texting Apps
- Microblogging Apps


# Know Your Influencer



- Felix Arvid Ulf Kjellberg, aka Pewdiepie
- Jake & Paul Logan
- Lilly Singh

# Mental Health & Social Media

## (Pagnotta, 2020)

-  social media use associated with:
  - Greater suicidality
  - Depression (lurking)
  - Unhealthy social comparison
  - Loneliness
  - Anxiety
  - Sleep disturbance
  - Distractability

# What constitutes Child Pornography?





# What is Child Pornography?

## Taylor et. al. (2001)

Indicative	Non-erotic & non-sexual pictures showing children in their underwear; sources or family albums; context/organization of pictures indicates appropriateness.
Nudist	Pictures of naked/semi-naked children in appropriate, nudist settings, from legitimate sources.
Erotica	Covertly taken photos of children in play areas/safe environments showing either underwear.
Posing	Deliberately posed pictures of children fully, partially clothed, or naked (context/organization suggests sexual interest)
Erotic Posing	Purposely posed pictures of fully, partially clothed/naked children in sexualized/provocative positions

# Platforms' efforts to combat CSEM & human trafficking

Explicit Erotic Posing	Focus on genital areas where the child is either naked, partially or fully clothed.
Explicit Sexual Activity	Touching, mutual & self-masturbation, oral sex, & intercourse by child, not involving an adult.
Assault	Children being subject to a sexual assault, involving digital touching, involving an adult
Gross Assault	Sexual assault, with penetrative sex, masturbation or oral sex w/adult.
Sadistic/Bestiality	Depicting children being tied, bound, or subject to BDSM practices, Pictures of animal and child sexual behavior.

# Child sexual exploitation Materials (CSEM), aka child pornography

- Girls appear more often
- Prepubescent children are at the greatest risk to be shown
- When boys are depicted, more likely to be exposed to explicit or egregious abuse
- Boys are typically younger
- Increasing trend of sexually explicit or egregious material

# Child sexual exploitation Materials (CSEM), aka child pornography

- Digital Millennium Copyright Act (DMCA)
  - Major companies are required by law to provide a means for citizens to notify them of CSEM on their platform
  - Reddit, TikTok, YouTube, Facebook, Google, Microsoft (etc.)

# Apple's new CSEM countermeasures & the ongoing Privacy/protection debate

- Recently (August 2021), technology company has unveiled plans to combat CSEM
- The company will use older methods of CSEM detection in a new way

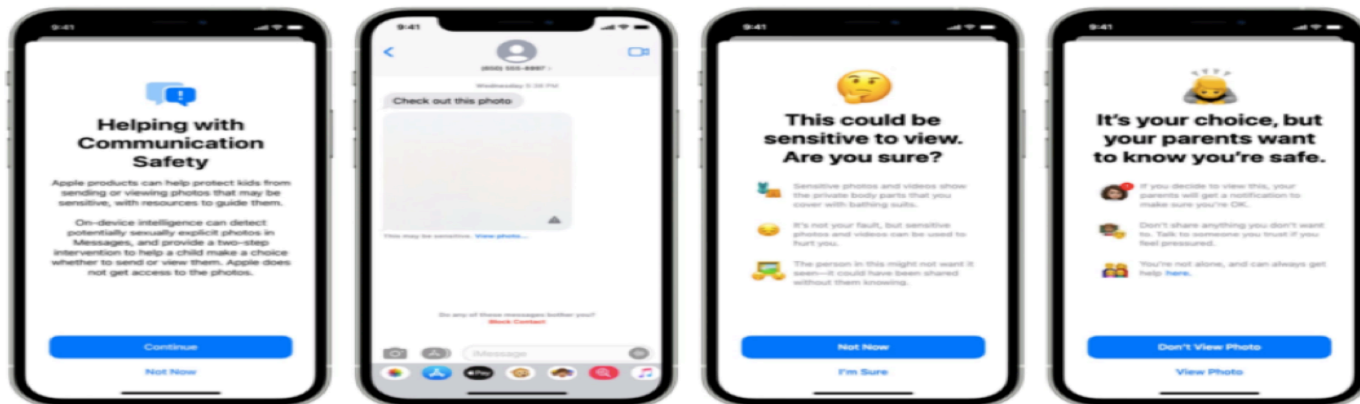
# How CSEM is caught online

- Electronic Service Providers (ESP) are required by law to report CSEM on their platforms
- This results in a CyberTip being sent to the National Center for Missing & Exploited Children (NCMEC)
- NCMEC looks at the CyberTip's information, including date of offense, the referral source, or ESP, the Internet Protocol (IP) address
- NCMEC then uses geolocation software and notifies the Internet Crimes Against Children (ICAC) task force

(Alexander, n.d.)

# Apple's new CSEM countermeasures & the ongoing Privacy/protection debate

## Messenger CSEM protection



(Panzarino, 2021)

# Apple's new CSEM countermeasures & the ongoing Privacy/protection debate





# Platforms' efforts to combat CSEM & human trafficking

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## ***Pornhub Purges 10 Million Videos After Losing Credit Card Support***

The popular adult site removed all videos from unverified uploaders amid a child porn controversy that prompted Discover, Mastercard, and Visa to stop processing Pornhub payments.

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**A year after Tumblr's porn ban, some users are still struggling to rebuild their communities and sense of belonging**

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## YouTube, Monetization, & Child Erotica?

- In 2019, Matt Watson discovered a “wormhole” that recommended users child erotica, which includes links to CSEM
- Commentaries include
  - Sexually explicit comments regarding children
  - Timestamps highlighting children in sensitive positions
  - Hyperlinks to explicit CSEM

*YouTube is Facilitating the Sexual Exploitation of Children, and it's being Monetized (2019)*

# Doxing

- The public release of private and sensitive personal identifying information about an individual without their consent
- Term comes from the release of docs (documents), sometimes spelled doxxx
- Leaked information can include:
  - SS#, address, phone number, pictures, financial information

# Doxing

- Celebrity victims
  - Jay-Z, Ashton Kutcher, Paris Hilton, Joe Biden, Robert Mueller
- Can result in vigilantism
  - Incidents of protestors' information being released
  - Faulty Doxxing and False alarms: Sunil Tripathi & Boston Bombing

# YouTube & Radicalization

- Increasing issue with mixed support:
  - Possible empirical support suggesting a radicalization phenomenon
    - Auditing Radicalization Pathways on YouTube (Ribeiro et al., 2019)
    - Examining potential radicalization channels involving the:
      - Intellectual Dark Web
      - Alt-Lite
      - Alt-Right
  - Findings
    - Significant increase in the growth of such channels
    - Commenting users migrated to more extreme content
    - YouTube recommends IDW & Alt-Lite content, not so much Alt-Right

*Why is this issue relevant for those working with youth?*

# Online enticement

- Involves enticing a child online to share sexually explicit images, meeting in-person for sex, engaging a child in a sexual conversation, or selling/trading the child's sexual images to others

# Online enticement

- Online Enticement of Children: An In-Depth Analysis of CyberTipline Reports
- Majority of victims were female (nearly 80%)
- Majority of offenders were male (only 9% were female)
- 98% of offenders were unknown to the victim

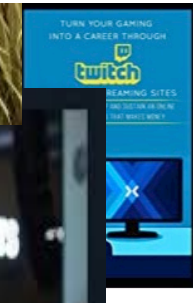
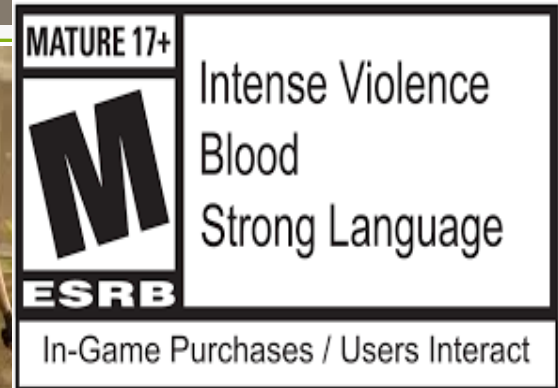
# Online enticement

- Online Enticement of Children: An In-Depth Analysis of CyberTipline Reports
- 91% involved direct communication initiated by the offender
- Majority of child victims were 12-17yo
- 60% of offenders were pursuing sexually explicit images, 30% were seeking in-person contact

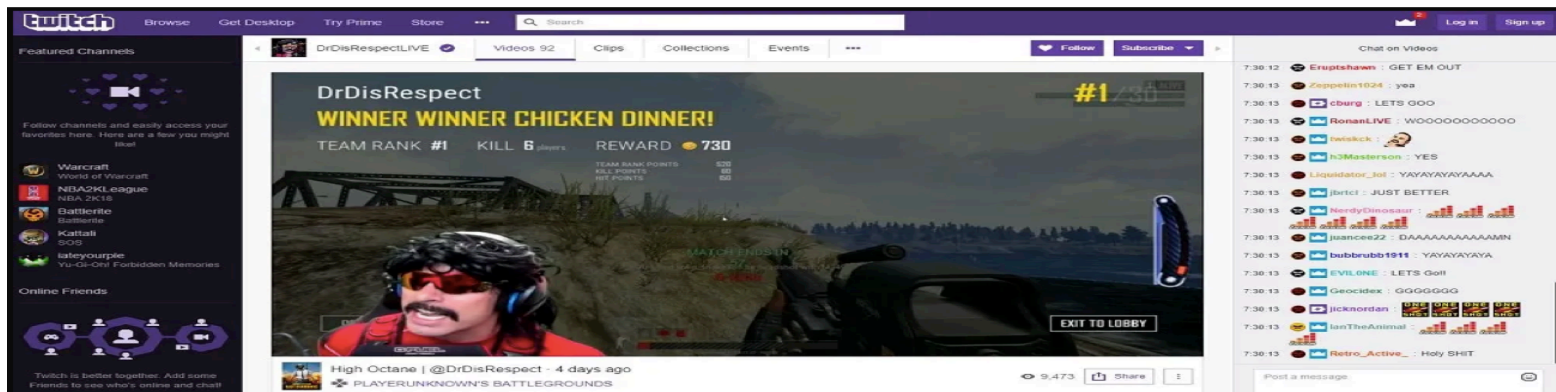


# Gaming

- Casual gaming (mobile gaming)
- GamerGate
- Online Experience vs. In-Game
- Use of VR in mental health treatment
- *Key Terms:* Twitch, PewDiePie, Dr. Disrespect, *Let's Play*, Egames, Loot Boxes, In-Game Purchases



# Twitch, streaming, & gaming



# Gaming: Cosplay

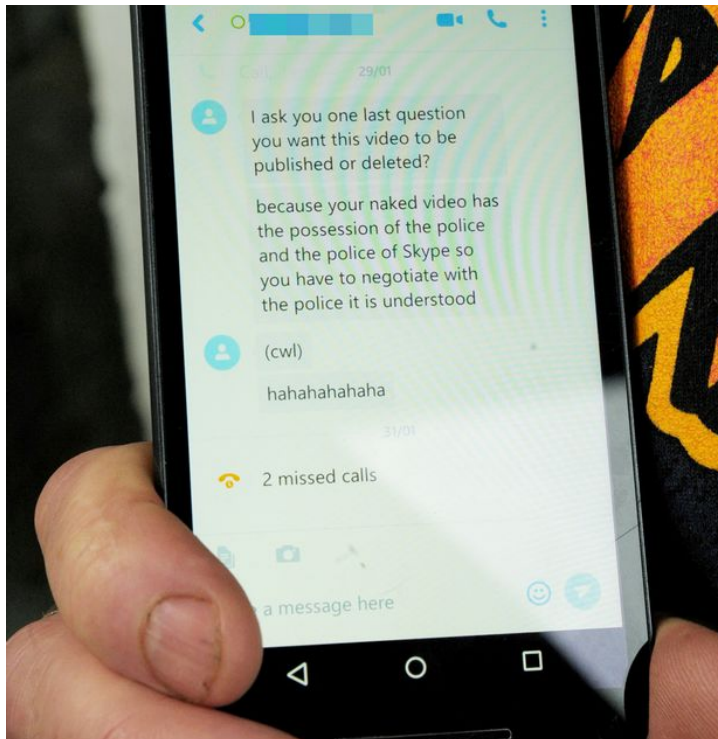


# “Catfishing”



- Involves luring someone into a relationship (often online) with the use of a false persona

# Sextortion



- Involves the use of sexually explicit material to blackmail another party (sometimes called “webcam blackmail”)
- Perpetrators may involve online strangers or aggrieved former partners
- Victims include well-known celebrities
- Can occur in a variety of online formats

# Sextortion

- According to the Thorn Institute (2017):
  - $\frac{1}{4}$  victims were younger than 13
  - $\frac{2}{3}$  victims were girls
  - 60% of online victims were threatened within the initial 2 weeks of contact
  - Some reported to their family (54 %); reported to a platform or website (26%); and some to law enforcement (17%)

# Sextortion: Case examples

- “*Spider-web*” case
- Sextortion → physical sexual assault case



# Nonconsensual pornography, “Revenge Porn”

- Term is typically used to refer to the nonconsensual sharing of intimate images of a former partner
- High profile cases include former Congresswoman Katie Hill and the U.S. Marine Corps
- 46 states, D.C., & 1 U.S. territory have laws criminalizing revenge porn



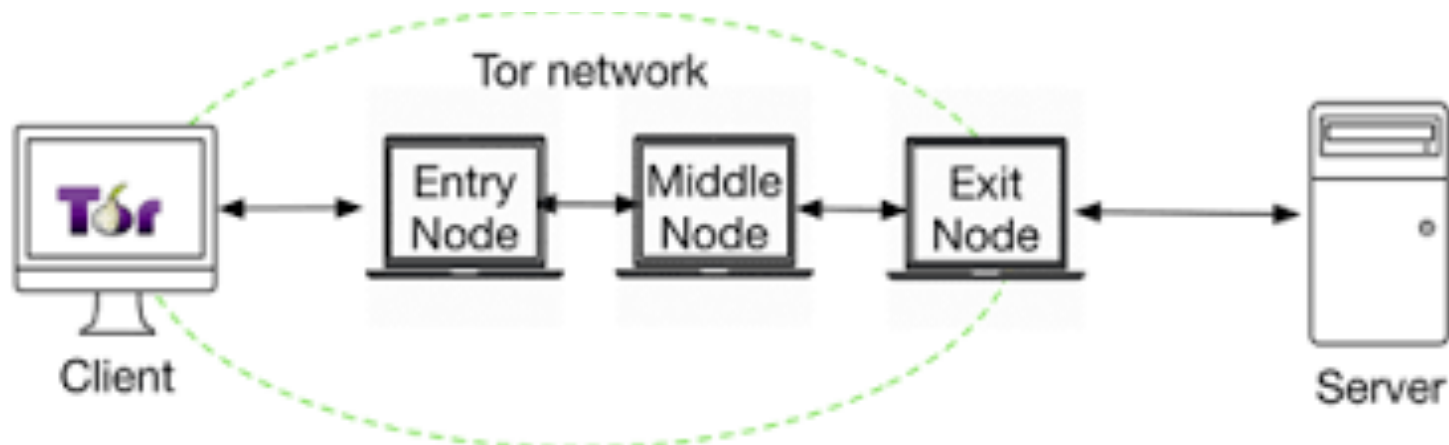


# The DarkNet



- Involves those parts of the Internet, which can not be freely accessed (they are *Dark*)
- Requires specific software to access the hard-to-find places
- Multitude of purposes, but all center on a need for secrecy & anonymity
- Key terms: TOR, Silk Road, Darkweb, FreeNet, Undernet, Invisible Web, Invisible Internet Project (I2P), & Bitcoin

# The DarkNet



# Sexting

- Sexting involves the sharing of intimate images or video with another person (can be both solicited and not)
- Risk of self-generated content being disseminated beyond the sender's original intent/design
- Not uncommon, with one study finding roughly 20% of 7<sup>th</sup> graders had “sexted” in the past six months: 17% text, 5% text & photos (Houck et al., 2013).
  - Those more likely to sext, reported greater emotional intelligence deficits
  - Those more likely to sext, saw greater sexual prowess associated with greater social standing/status

# Scenario #1

- A 14-year-old with a history of inappropriately touching his 7-year-old sister two years ago was recently discovered exchanging sexually explicit texts with a female peer?
- What should we do, if anything, with this information?

# T.E.A.M.S. Framework

- *Triage*
- *Education*
- *Assess*
- *Monitor*
- *Skills-building*

# Step 1: Triage

- With new referrals, cases, or developments, determine whether there is an imminent risk of physical or emotional harm?
  - Look for Technology Facilitated Crimes (TFC), such as:
    - Sextortion
    - Doxing
    - Revenge Porn
    - Unsolicited Sexual Content/Images
- If so, this may be a case where the police or child protective services may need to be alerted.
  - Admittedly, most CPS are unsure as to how to approach this presently? Be prepared, you will likely know better what to do.

# Step 1: Triage

- If sensitive material gets out:
  - File a Cybertip ([here](#))
  - or
  - Contact the appropriate service provider using this [information](#)

# Step 1: Triage

- NCMEC has a network of **trained parent volunteers** personally affected by CSEM, who can assist
- NCMEC can also assist in identifying a **therapist** with specialized knowledge & training
- NCMEC can also help explain relevant legal issues and help find an **attorney**.
- NCMEC can also has a **peer-support program** called Team Hope, which can assist CSE survivors.



# Step 1: Triage

- For NCMEC support, contact:
  - [familysupport@ncmec.org](mailto:familysupport@ncmec.org)
  - Or call 1-877-446-2632, ext. 6117

## Step 2: Educate

- Multiple, credible sources that provide high quality information
  - National Center for Missing and Exploited Children (NCMEC)/Netsmartz
  - Commonsense Media
  - Children & Screens
  - Google & “Be Internet Awesome”
  - Thorn Institute
- Get specialized in “Cyberpsychology”
- Read popular tech blogs & websites
  - *Tech Stuff* (podcast)
  - *Decoder* (podcast)



## Step 2: Educate

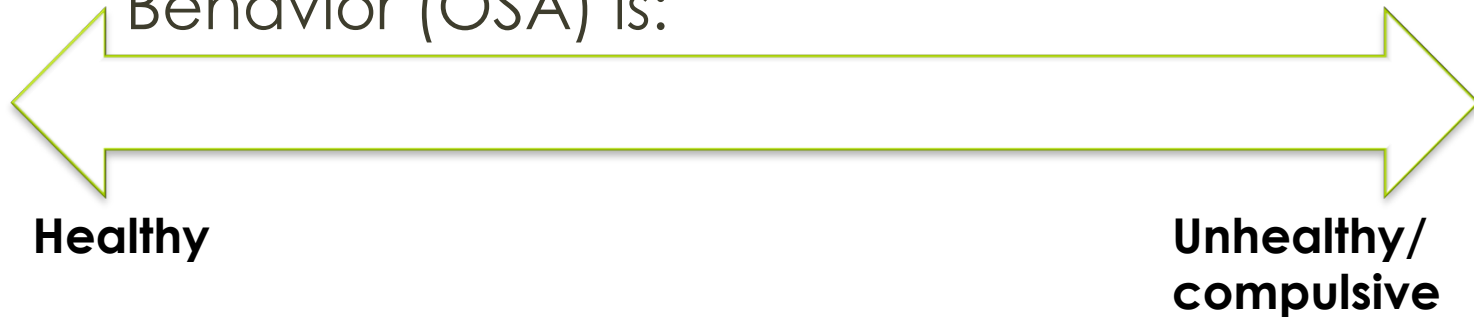
- ◉ Net Safety
  - ◉ Ikeepsafe.org
  - ◉ Project Safe childhood
  - ◉ Crimes Against Children Research Center
  - ◉ Commoncraft
  - ◉ FBI Safe Online Surfing
  - ◉ *The Internet Ruined My Life*
  - ◉ Office of Juvenile Justice & Delinquency Prevention
- \*seem more designed for children as opposed adolescents

## Scenario #2

- The mother of a 15-year-old female in therapy is adamant her daughter not download TikTok?
- How should one proceed?

## Step 3: Assess

- Determine whether the Online Sexual Behavior (OSA) is:



*How do we discern whether a behavior is healthy or unhealthy?*

## Step 3: Assess Digital Tour Guide

- Dedicate time to searching the web with adolescents and learning their preferences
- Encourage the adolescent to serve as a “digital tour guide.”
- Questions to ask:
  - Ask about their favorite applications, games, social media personalities
  - Ask about any recent “*digital drama*” (cyberbullying)
  - How long do you spend on SM?
    - What do you think of your SM use?
    - Has anyone ever made you feel uncomfortable or unsafe online?

# Step 3: Assess

## Inventory of Problematic Internet Experiences Encountered

- Overuse
- Pornography
- Infidelity
- Gaming & gambling
- Harassment
  - “Digital Dating Abuse”\*
- Isolative-avoidance use
- Fraud, stealing, and & deception
- Failed Online Relationships
- Sexual Exploitation & Abuse

(Mitchell, K., Becker-Blease, K., & Finkelhor, 2005)

## Step 3: Assess

### Sample Questions

- Do you post images or videos online?
  - How do you decide what to share/post?
  - What do you share the most?
  - What's something you wish you had not shared?
  - Has sharing ever caused drama for your friends
- Download apps on your smartphone, tablet, or device
  - What app are you using the most now?
  - Which apps are you not using anymore and why?
  - How did you learn about the app?
  - Are your friends using the same apps?
  - Does the app have in chat?



## Step 3: Assess

- What YouTube channels, IG accounts, and SM influencers do you follow?
  - How did you learn about them?
  - What do you like about them?
  - Have you interacted with them personally?
- What games are you playing?
  - Console, PC, or phone
  - Do you have regular friends you play with online?

## Step 3: Assess

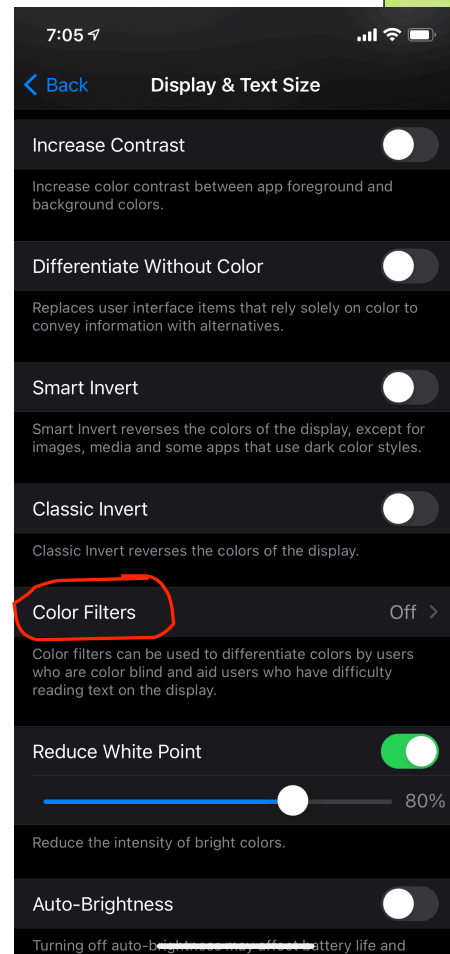
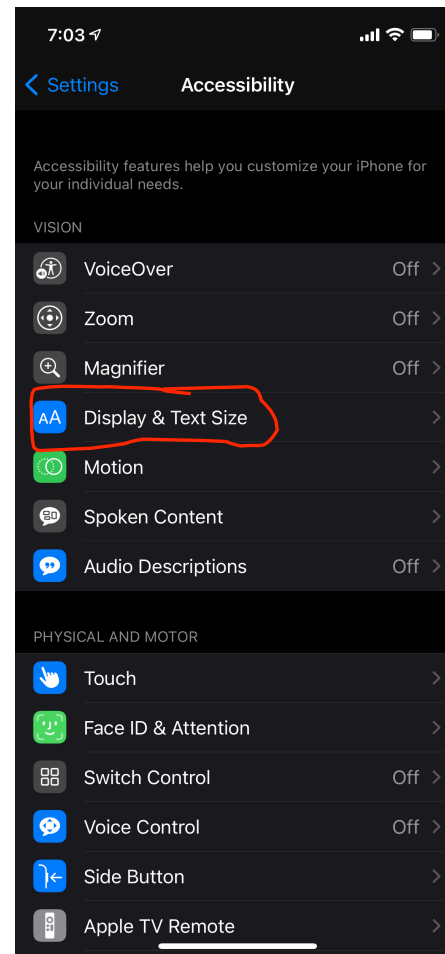
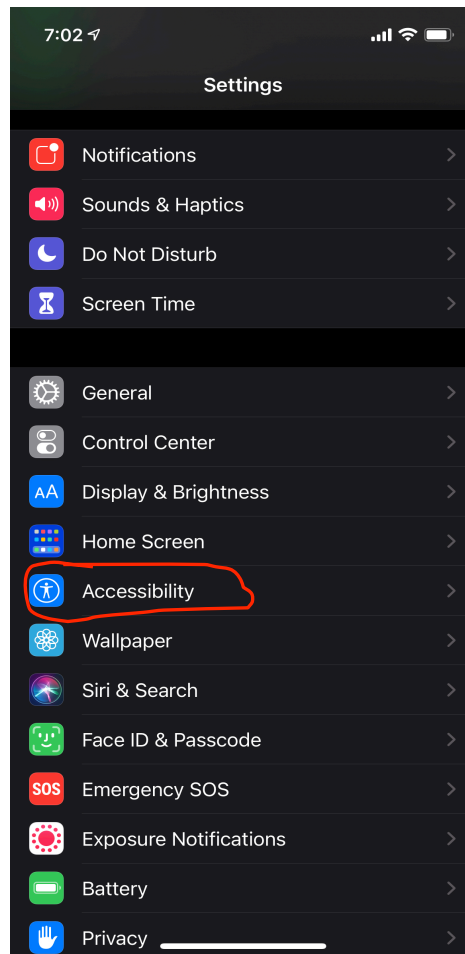
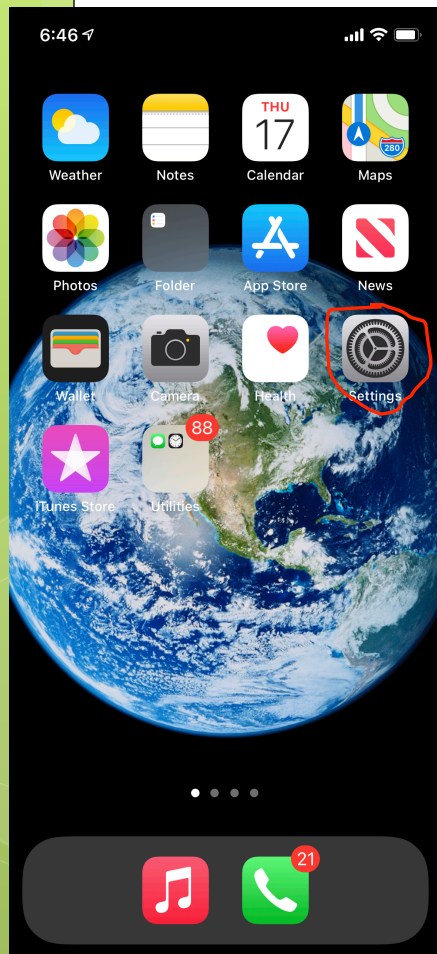
- Digital Dating Abuse

- Does your partner text you all the time, even when you don't like it?
- Do they get angry if you don't respond fast enough?
- Tells you who you can and can't be friends with online
- Uses SMS to "check-in" and know where you are
- Posts insulting or embarrassing things about you online
- Uses fake media accounts to spy on you
- Has hacked your accounts and pretended to be you
- Demands your passwords and credentials

## Step 3: Assess (Grayscale challenge)



# Step 3: Assess



## Scenario #3

- A 15-year-old girl has reported in treatment that her long-time boyfriend has been using password and accessing her online accounts?
- What, if anything, to do?

# Step 3: Assess

## Map one's digital experience

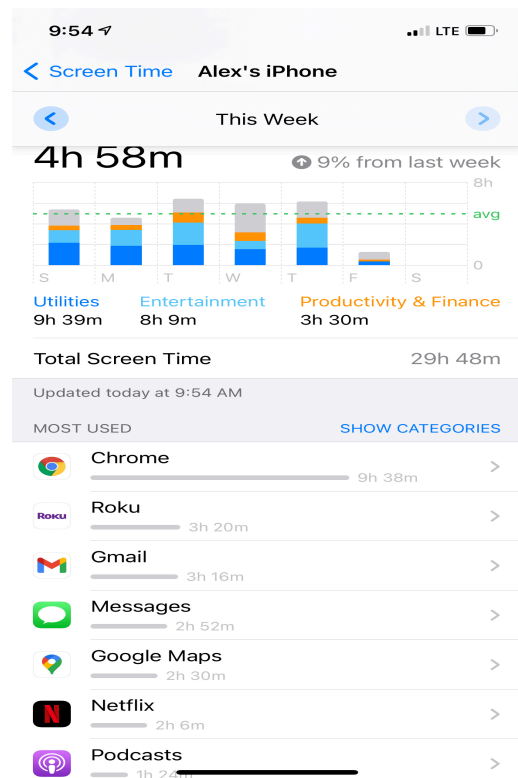
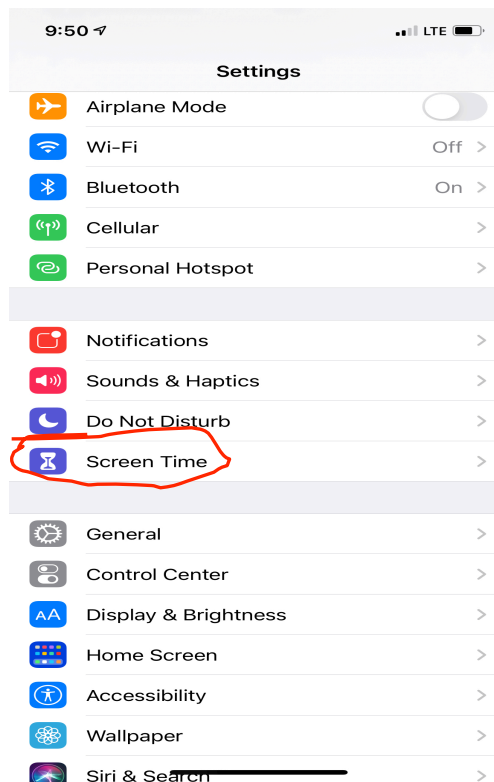
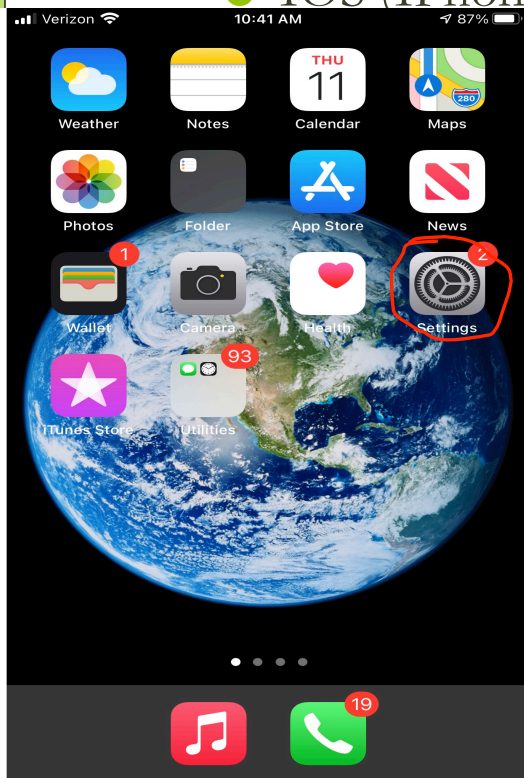
- Behavioral analysis
  - When do you look at your phone?
    - Start with concrete and work to more abstract phenomenon
      - What times? What are you doing? What are you thinking/feeling?
- HEADSSS (Clark et al., 2018)
  - Home life, Education, Activities, Drugs, Sexual Activity, Safety, & Suicide &/or Depression
  - Used to cue professionals about various domains to assess

# Step 3: Assess

## Map One's Digital Experience

- Most devices keep accurate record of application use

- IOS (iPhone)



## Step 4: Monitor

# Set Appropriate Boundaries

- Similar to the physical world, children & adolescents rely on adults to set appropriate boundaries & ensure safety
- Discuss the various risk & rewards with specific applications & sites
- Think flexibly
  - “Are there ways to minimize risk?”
  - Linking a youth’s app purchases to an adult’s email account
  - Moving digital devices to common areas?
  - Wifi locks during certain times
- Develop a realistic understanding of the strengths & limitations of monitoring software



## Step 4: Monitoring

Refrain from denigrating one's online experience

- There is no longer a distinction between the online world & the “real-world.”
- Adults need to consider that there are many positive, healthy aspects of online life (e.g., social connection, support groups, credible health information).
- When used appropriately, the Internet and associated technologies can assist in adolescent development related to self-identify, relationship formation, and self-expression.

## Scenario #4

- A 15-year-old male JSO currently on probation was recently discovered using a TOR router (DarkNet access point)?
- What should one do?

## Step 5: Skill Building

### Foster Social Media Mindfulness

- Use external cues at first (designate times for SM scrolling & set a timer)
- Encourage youths to actively reflect about their feelings & thoughts while scrolling
  - This likely needs to be practiced in session with assistance

## Step 5:

# Skill Building

Help develop adolescents' detective skills (critical thinking)

- Teach teenagers to be mini-Internet sleuths
  - Examine consistency across profiles
  - Avoid barren profiles
  - Does the username contain the person's real name
  - Does the email, profile, online offer, etc., look weird?
    - *If it is too good to be true, it probably is*
  - Be on the lookout for peculiar URLs

# Step 5: Skills Building

- Role play:
  - Envision scenarios where one:
    - Wants to send a sexually explicit image
      - Ask what might happen to the content?
      - What cues would suggest such content is invited?

## Step 6: Continue the conversation

- Similar to sexual education in the physical world, discussion about digital sexual content use is an evolving process
- Different risks & rewards depending on age & developmental stage

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\*I'm always interested in consulting or just meeting other professionals.

\*Stay tuned for the launching of *Digital Birds & Bees*  
(I will have a financial interest in this)

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