



This week in tech:

China restricts kids' online gaming to three hours a week

Kevin Cullen @kevincullen / 1.4K followers · August 30, 2021

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

Alaina Wink @alainawink / 3.2K followers · August 23, 2021

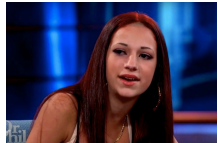
This week in tech: Only Fans

- 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

- Why address this issue?
- Adolescence maturation
 - Sexual development
- Emerging technology & development
 - Platforms & applications
 - Technology facilitated abuse (TFAs)
- 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

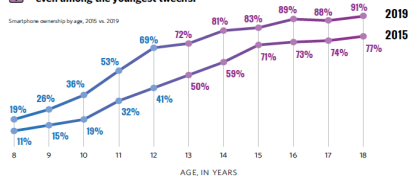
Teen Media Use & Effects: Common Sense 2019 Survey *(Rideout & Robb, 2019)*

- 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

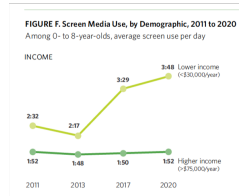
Common Sense 2020 Census: 8 & Younger (Rideout & Robb, 2020)

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



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 ^a	:04 ^a	:14 ^c
Computer games	* ^a	:01 ^a	:05 ^b
Mobile games	:01 ^a	:10 ^b	:21 ^c
Total gaming	:01^a	:15^b	:40^c

^anumbers are recorded in minutes (i.e., 15^b is 15 minutes)

Common Sense: Fortnite

- Fortnite

Traditional Media, Teens, & Sex

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

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)

```

graph LR
    A[Leptin  
(poor diet)] -- "+" --> B[Melatonin  
(reduced sleep)]
    B -- "=" --> C[Kisspeptin  
(early onset of puberty)]
  
```

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

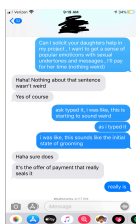
WHEN YOUR SON IS GOING THROUGH A PHASE



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

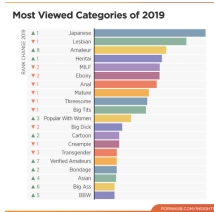
- Triple A Engine (Cooper)
 - Affordability
 - Accessibility
 - Anonymity
- Social Disinhibition Effect
 - Physical distance

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



Pornography: Pornhub 2019 Year in Review

- Top search term?
 - #1 Amateur (followed by #2 alien(?), #6 Mature (GILF))
- 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

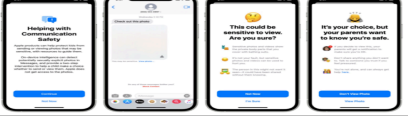
How CSEM is caught online

- 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



(Panzarino, 2021)

Platforms' efforts to combat CSEM & human trafficking

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.

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

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 Kuther, Paris Hilton, Joe Biden, Robert Mueller
- Can result in vigilantism
 - Incidents of protestors' information being released
 - Faulty Doxing 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

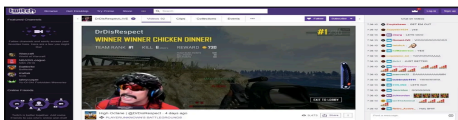
- Online Enticement of Children: An In-Depth Analysis of CyberTipline Reports
- 91% involved direct communication initiated by the offender
- Majority of child victims were 12-17yo
- 60% of offenders were pursuing sexually explicit images, 30% were seeking in-person contact

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

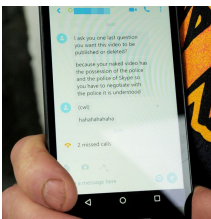


"Catfishing"



- 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):
 - 1/4 victims were younger than 13
 - 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

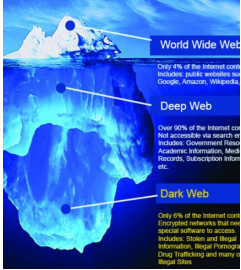
- "Spider-web" case
- Sextortion → physical sexual assault case

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

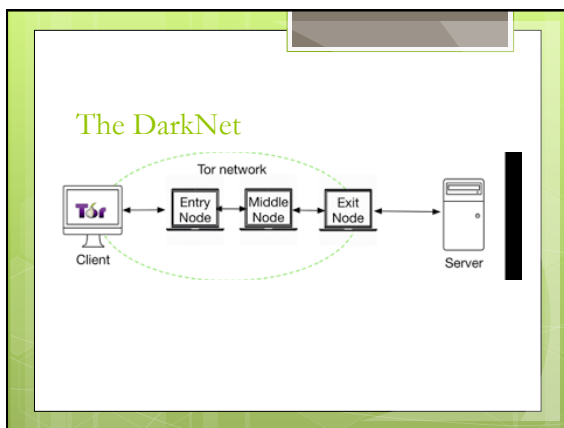


World Wide Web
Only 4% of the Internet can be accessed via search engines like Google, Amazon, Wikipedia.

Deep Web
Over 90% of the Internet can't be accessed via search engines. Includes: Government sites, Academic information, Medical records, Subscription sites, etc.

Dark Web
Only 1% of the Internet can be accessed via special software to access hidden sites. Includes: Illegal information, Illegal pornography, Drug trafficking and more illegal sites.

- 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



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 7th 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
 - 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:

Healthy

Unhealthy/
compulsive

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

<ul style="list-style-type: none"> Overuse Pornography Infidelity Gaming & gambling Harassment <ul style="list-style-type: none"> "Digital Dating Abuse"* Isolative-avoidance use Fraud, stealing, and & deception 	<ul style="list-style-type: none"> Failed Online Relationships Sexual Exploitation & Abuse <p>(Mitchell, K., Becker-Blease, K., & Finkelhor, 2005)</p>
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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?

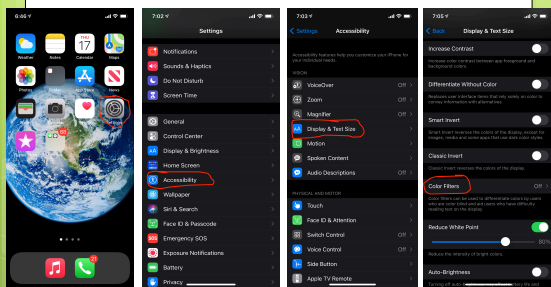
Step 3: Assess

- 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

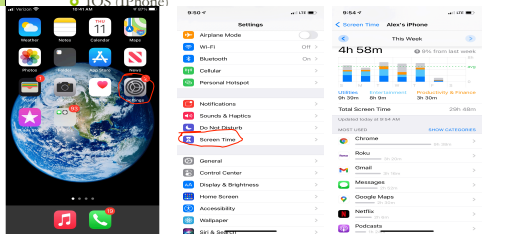
Map one's digital experience

- 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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