



Continuing Excellence LLC

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

Presenter: Alex Rodrigues, Psy.D.

Date: February 4, 2022

Time: 11:00am – 3:30pm ET *(All times East Coast USA Local Time)*

I. 11:00am – 12:30pm

- Why sex education for the digital age?
 - o Digital divide & Digital Nativist
 - o Digital Addiction? "Is it real, and if so, when can I start panicking?"
 - o Sexual Scripts
 - Pizza delivery man scenario
 - o Traditional vs. Digital media
 - Emphasis on consumers also being content creators in the digital age
 - o Triple A Engine (Cooper)
 - o Social Disinhibition (Delmonico)
- The Teenage Mind (Fast Engine, Weak Brakes)
 - o Basics of the teenager brain
 - o Psychosocial maturation
 - Onset of abstract reasoning
 - o Developmental challenges
 - Identity formation
 - Appropriate narcissism
 - Building relationships
 - Risk taking

II. 12:30pm – 12:45pm

- Break

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III. 12:45pm – 2:00pm

- High Sexual Media Diets and Sexual Behavior
- Social Media Sites
- Sexting
 - o Facilitating healthy flirting via apps and text
 - o Determining sexual deviance motivations vs. inappropriate sexual behaviour
 - o Non-legal system remedies
- Gaming
 - o Twitch
- Dating Apps
- Pornography
- Pitfalls on the net
 - o “Drama” (cyberbullying)
 - o Domestic violence in the digital age (cyberstalking)
 - o Sextortion (Thorn Institute)
 - o Catfishing
 - o Online Grooming
 - o Darknet
 - o Doxing
 - o Revenge Porn

IV. 2:00pm – 2:15pm

- Break

V. 2:15pm – 3:30pm

- TEAMS Approach
 - o Triage
 - o Education
 - Commonsense
 - Be Internet Smart (Google)
 - NCMEC
 - Center for Humane Technology
 - o Assessment
 - American Pediatric Screener
 - o Monitoring

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- Having kids use an adult's email to link for app store
- For younger kids, keep tablets in public areas (i.e., Living room)
- Use of external cues (i.e., timer)
- Develop a family contract
 - Identify times to be online
 - Post on the fridge
- Skills building
 - Mindfulness



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