

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

**Presenter:** Alex Rodrigues, Psy.D.

**Recorded on:** February 4, 2022

**Length:** 4 hours

### 1 hour and 30 minutes

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

### 1 hour and 15 minutes

- High Sexual Media Diets and Sexual Behavior
- Social Media Sites
- Sexting
  - Facilitating healthy flirting via apps and text
  - Determining sexual deviance motivations vs. inappropriate sexual behaviour
- Non-legal system remedies

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**1 hour and 15 minutes**  
**Continued**

- Gaming
  - Twitch
- Dating Apps
- Pornography
- Pitfalls on the net
  - “Drama” (cyberbullying)
  - Domestic violence in the digital age (cyberstalking)
  - Sextortion (Thorn Institute)
  - Catfishing
  - Online Grooming
  - Darknet
  - Doxing
  - Revenge Porn

**1 hour and 15 minutes**

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