



Continuing Excellence LLC

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

Presenter: Alex Rodrigues, Psy.D.

Date of recording: February 4, 2022

Length: 4 hours

I. 1 hour, 30 minutes

- 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

Safer Society Press
P.O. Box 340, Brandon, VT 05733
Tel: (802) 247-3132
info@safersociety.org
www.safersocietypress.org

Continuing Excellence, LLC
P.O. Box 134, East Middlebury, VT 05740
Tel: (802) 771-4155
Info@ContinuingExcellence.com
www.ContinuingExcellence.com

II. 1 hour, 15 minutes

- 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

III. 1 hour, 15 minutes

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

Safer Society Press
P.O. Box 340, Brandon, VT 05733
Tel: (802) 247-3132
info@safersociety.org
www.safersocietypress.org

Continuing Excellence, LLC
P.O. Box 134, East Middlebury, VT 05740
Tel: (802) 771-4155
Info@ContinuingExcellence.com
www.ContinuingExcellence.com

- 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

Safer Society Press
P.O. Box 340, Brandon, VT 05733
Tel: (802) 247-3132
info@safersociety.org
www.safersocietypress.org

Continuing Excellence, LLC
P.O. Box 134, East Middlebury, VT 05740
Tel: (802) 771-4155
Info@ContinuingExcellence.com
www.ContinuingExcellence.com