NC CHILD TREATMENT PROGRAM | CENTER FOR CHILD & FAMILY HEALTH

ELECTRONIC AND ONLINE SEXUAL BEHAVIOR: BUT, WAIT, THE KIDS KNOW MORE THAN WE DO!

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OBJECTIVES

- Increase awareness around youth-frequented, accessible pathways to online sexually explicit media

- Understand how online sexual content impacts the social and emotional health of youth

- Apply techniques to effectively intervene in online problematic sexual behavior

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ACCESS TO DEVICES

- **43%** of tweens (ages 8-12) and **88% to 95%** of teens (ages 13-18) have their own smartphone

- About **half** of U.S. children get their first smartphone by age 11

- **Boys** use more screen media than girls

- **Black and Hispanic/Latino** kids use more screen media than White kids do

- Children from **lower-income households** use more screen media than those in higher-income homes

> *Decisions about when to get a smartphone and negotiations about rules and boundaries around smartphone use are frequent sources of parental stress and family arguments*
> *(Mathes et al., 2021; Francis et al., 2021; Hiniker, Schoenebeck, & Kientz, 2016)*

Rideout, V., Peebles, A., Mann, S., & Robb, M. B. (2022). Common Sense census: Media use by tweens and teens, 2021. San Francisco, CA: Common Sense

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TABLE 6. Technology in the home, 2019 vs. 2021

Percent of 8- to 18-year-olds with a … in the home	2019	2021
Smartphone	91%[a]	94%[b]
TV set	87%	89%
Computer (laptop or desktop)	89%	87%
Subscription streaming service*	72%[a]	84%[b]
Video game player	78%	79%
Tablet	75%	74%
Cable TV*	41%[a]	32%[b]
Satellite TV*	21%[a]	13%[b]
Virtual reality headset	14%	17%

* Asked of parents.

Note: Superscripts (a, b) are used to denote whether differences over time are statistically significant (p < .05). Items with different superscripts differ significantly.

https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf

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CHILDREN AND SCREEN TIME

- On average, children ages 8-12 spend **4-6 hours a day** watching or using screens.

- Teens spend up to **9 hours a day** watching or using screens.

- Non-school-related screen time doubled during the COVID-19 pandemic

Retrieved from: https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx
Nagata JM, Cortez CA, Cattle CJ, et al. Screen Time Use Among US Adolescents During the COVID-19 Pandemic: Findings From the Adolescent Brain Cognitive Development (ABCD) Study. JAMA Pediatr. 2022;176(1):94–96. doi:10.1001/jamapediatrics.2021.4334

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SCREEN TIME

2023
Constant Companion:
A Week in the Life of a Young Person's Smartphone Use

Radesky, J., Weeks, H.M., Schaller, A., Robb, M., Mann, S., and Lenhart, A. (2023). Constant Companion: A Week in the Life of a Young Person's Smartphone Use. San Francisco, CA: Common Sense
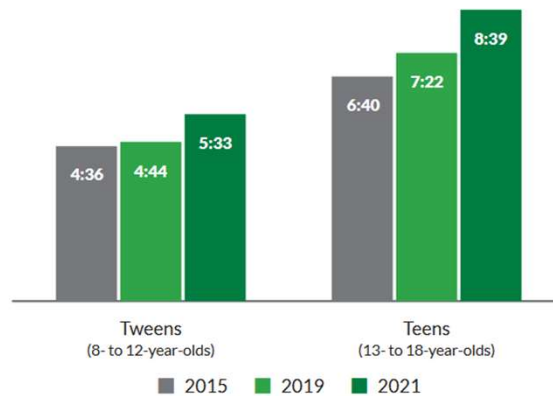
6

SCREEN TIME – A WEEK IN THE LIFE

- Majority of the teens in this study had their smartphones readily available throughout the day
  - Picked up and checked frequently throughout the day
  - Median of **51 times per day** (Range: 2 to 498 times per day)
    - Younger participants less frequently each day
    - Adolescents were more likely to check their phone over **100 times per day**

- During school hours, **97%** of participants used their phones, for a median of **43 minutes**
  - Range from ≤ 1min. to 6.5 hours
  - Social media, YouTube and gaming

Radesky, J., Weeks, H.M., Schaller, A., Robb, M., Mann, S., and Lenhart, A. (2023). Constant Companion: A Week in the Life of a Young Person's Smartphone Use. San Francisco, CA: Common Sense

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FIGURE A. Total entertainment screen use among tweens and teens, per day, 2015 to 2021

Tweens (8- to 12-year-olds): 2015 = 4:36, 2019 = 4:44, 2021 = 5:33
Teens (13- to 18-year-olds): 2015 = 6:40, 2019 = 7:22, 2021 = 8:39

Legend: ■ 2015 ■ 2019 ■ 2021

Note: Entertainment screen use includes time spent watching television and online videos, playing video games, using social media, browsing websites, creating content, e-reading, and other digital activities. In 2021, time spent reading ebooks was included in the total for the first time (accounting for six minutes among tweens and eight among teens), and time spent watching movies in movie theaters and using an iPod Touch were not included (these had accounted for seven minutes among tweens and six minutes among teens in 2019).

https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf

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FIGURE 2. Daily entertainment screen media activities, by age, 2021
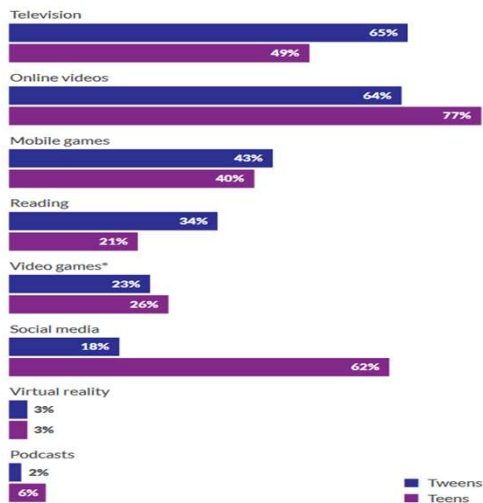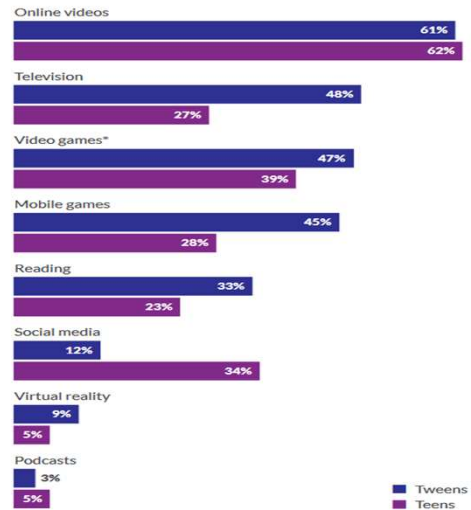Percent of tweens and teens who engage in each activity "every day"

Television — 65% / 49%
Online videos — 64% / 77%
Mobile games — 43% / 40%
Reading — 34% / 21%
Video games* — 23% / 26%
Social media — 18% / 62%
Virtual reality — 3% / 3%
Podcasts — 2% / 6%

■ Tweens
■ Teens

FIGURE 3. Favorite entertainment screen media activities, by age, 2021
Percent of tweens and teens who enjoy each media activity "a lot"

Online videos — 61% / 62%
Television — 48% / 27%
Video games* — 47% / 39%
Mobile games — 45% / 28%
Reading — 33% / 23%
Social media — 12% / 34%
Virtual reality — 9% / 5%
Podcasts — 3% / 5%

■ Tweens
■ Teens

Retrieved from: https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf

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SOCIAL MEDIA

- **90%** percent of teens ages 13-17 have used social media

- **75%** percent report having at least one active social media profile

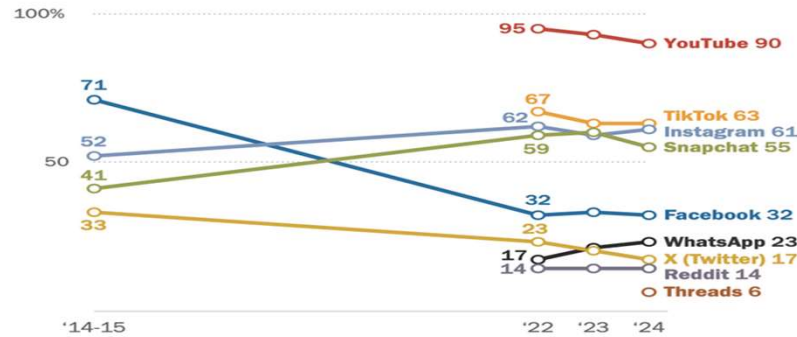- **51%** report visiting a social media site at least daily

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Retrieved from: https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx

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YouTube, TikTok, Instagram and Snapchat top the list for teens

YouTube, TikTok, Instagram and Snapchat top the list for teens

% of U.S. teens ages 13 to 17 who say they ever use the following apps or sites

100%

95 → YouTube 90

71
67 → TikTok 63
62 → Instagram 61
52 → 59 → Snapchat 55
50
41
33
32 → Facebook 32
23 → WhatsApp 23
17 → X (Twitter) 17
14 → Reddit 14
→ Threads 6

'14-15   '22 '23 '24

Note: Those who did not give an answer are not shown.
Source: Survey of U.S. teens conducted Sept. 18-Oct. 10, 2024.
"Teens, Social Media and Technology 2024"
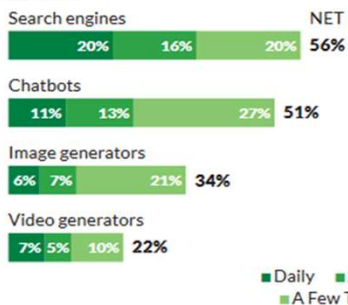**PEW RESEARCH CENTER**

Pew Research Center, December 2024, "Teens, Social Media and Technology 2024"

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GENERATIVE AI

Teens most often use AI-supported search
Percent of teens who use the following types of generative AI tools

Search engines   NET
20% | 16% | 20%   56%

Chatbots
11% | 13% | 27%   51%

Image generators
6% | 7% | 21%   34%

Video generators
7% | 5% | 10%   22%

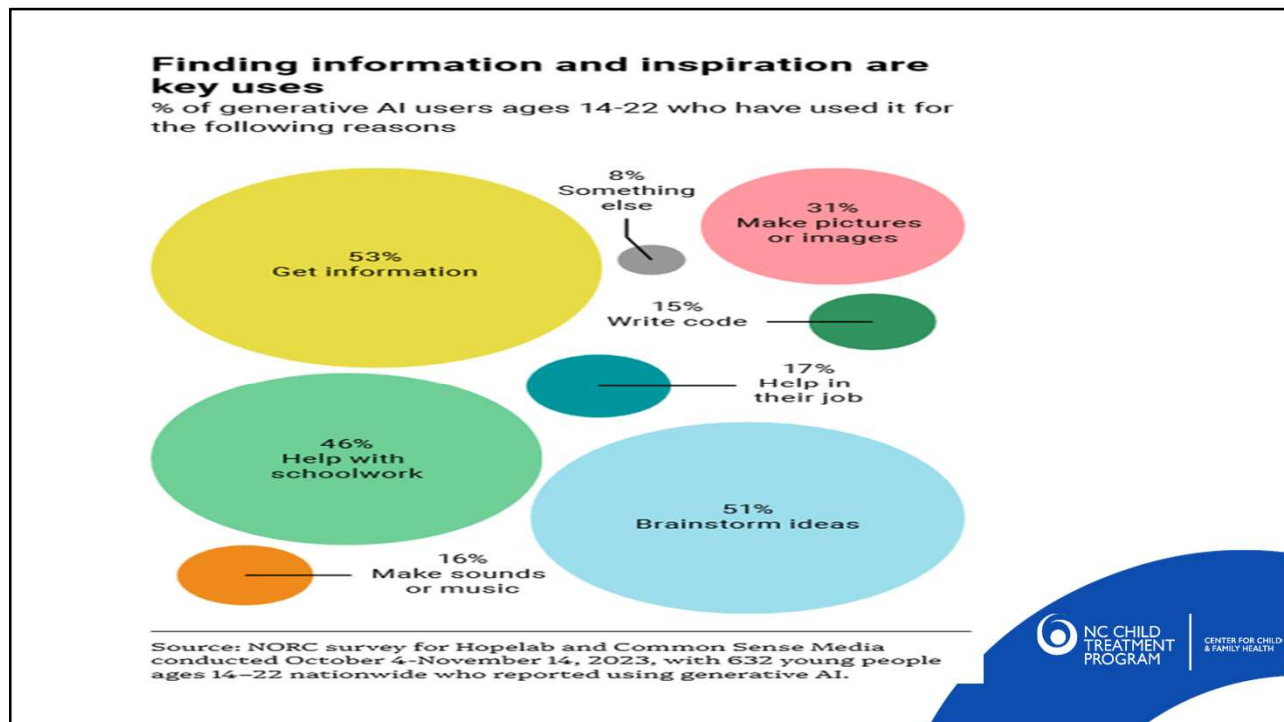■ Daily   ■ Several Times Per Week
■ A Few Times Per Month or Less

Note: Total amounts may not sum to 100% from the reported subtotals due to rounding and nonresponse. Q: "How often, if ever, have you used the following kinds of generative AI systems?" The respondents included in this chart were 1,045 young people age 13–18. **Source:** Common Sense Media survey conducted by Ipsos, March 15–April 20, 2024, with 1,045 young people age 13–18 and their parents.

- **Seven in 10** teens age 13 to 18 say they have used <u>at least</u> one type of generative AI tool.

Madden, M., Calvin, A., Hasse, A., & Lenhart, A. (2024). The dawn of the AI era: Teens, parents, and the adoption of generative AI at home and school. San Francisco, CA: Common Sense.
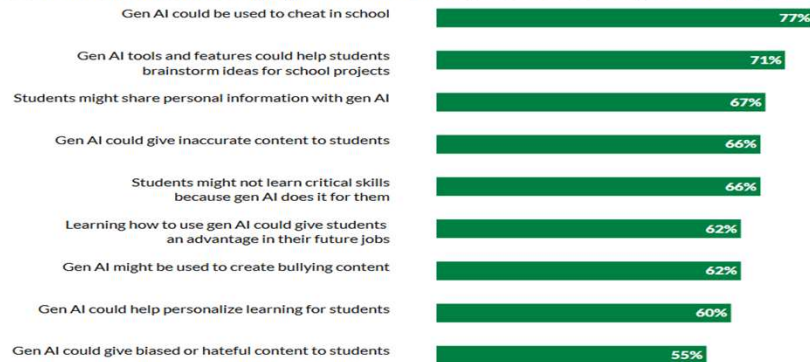
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Finding information and inspiration are key uses
% of generative AI users ages 14-22 who have used it for the following reasons

- 8% Something else
- 53% Get information
- 31% Make pictures or images
- 15% Write code
- 17% Help in their job
- 46% Help with schoolwork
- 51% Brainstorm ideas
- 16% Make sounds or music

Source: NORC survey for Hopelab and Common Sense Media conducted October 4-November 14, 2023, with 632 young people ages 14–22 nationwide who reported using generative AI.

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GENERATIVE AI

- Chatbots/text generators
  - ChatGPT, Google Gemini, or Snap's My AI, Llama

- Image generators
  - DALL-E, Bing Image Creator, or Photoshop with gen AI features

- Video generators
  - Midjourney, Stable Diffusion, or Google VideoPoet

- Search engines with AI-generated results
  - Bing, Google SGE, or Brave Summarizer
    - Google is now displaying AI-generated overviews as part of search results; Instagram, Facebook have also added

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WHAT DO TEENS THINK ABOUT AI?

Teens feel a combination of hopefulness for the future of generative AI in schools, and concerns about the risks these systems might introduce
Percent of teens who somewhat to strongly agree with the following statements about gen AI in schools

Statement	Percent
Gen AI could be used to cheat in school	77%
Gen AI tools and features could help students brainstorm ideas for school projects	71%
Students might share personal information with gen AI	67%
Gen AI could give inaccurate content to students	66%
Students might not learn critical skills because gen AI does it for them	66%
Learning how to use gen AI could give students an advantage in their future jobs	62%
Gen AI might be used to create bullying content	62%
Gen AI could help personalize learning for students	60%
Gen AI could give biased or hateful content to students	55%

Note: Q: "Here are some things some people say about generative AI in schools. Please tell us if you agree or disagree with each statement." The respondents included in this chart were 1,045 young people age 13–18. **Source:** Common Sense Media survey conducted by Ipsos, March 15–April 20, 2024, with 1,045 young people age 13–18 and their parents.

[47] The question wording for this series focused on a range of possible impacts in schools. It reads: *Here are some things some people say about generative AI in schools. Please tell us if you agree or disagree with each statement ...*

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WHY IS SCREEN TIME SO HIGH?

- Data recorded by smartphones (such as location, purchases, likes, and shares)
  - Allows creation of user profiles and enables targeted advertising
  - Apps have intentional and persuasive design

- Notifications drive engagement!
  - On a typical day, participants received a median of **237** notifications
  - Participants saw or engaged with about a **quarter** of notifications (median **46** per day)

Radesky, J., Weeks, H.M., Schaller, A., Robb, M., Mann, S., and Lenhart, A. (2023). Constant Companion: A Week in the Life of a Young Person's Smartphone Use. San Francisco, CA: Common Sense

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IMPACTS

- Impacts are typically related to the following domains:
  - Self-expression and validation
  - Appearance comparison and body ideals
  - Pressure to stay connected
  - Social engagement and peer support
  - Exposure to bullying and harmful content

- Negative impacts can be mediated through education and supervision/monitoring interventions

- Quality of content and types of activities are more strongly associated with well-being
  - Creative and positive social uses of media are associated with higher well-being

Popat A, Tarrant C. Exploring adolescents' perspectives on social media and mental health and well-being - A qualitative literature review. Clin Child Psychol Psychiatry. 2023 Jan;28(1):323-337. doi: 10.1177/13591045221092884. Epub 2022 Jun 7. PMID: 35670473; PMCID: PMC9902994.

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INTERVENTIONS: PROACTIVE

- Develop clear rules and expectations
  - Caregivers need to follow the same

- Have a device-free zone and/or device-free times
  - No device use after a certain time

- Understand what children and youth are looking at
  - Interactive and engaged co-viewing!

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DISCUSSION POINTS

- Adults can ask:
  - What is your favorite app? Do you feel stressed or excited by it? Or both?
  - Does it feel like a job or "work" to stay up to date on everything?
  - What does it feel like when your phone is commanding your attention vs. just being in the background of your mind?
  - What does it feel like when you don't have your phone or the room is too quiet? Are you worried about missing out on anything?
  - Have you ever noticed what you're thinking about if there's no background noise on?
  - Do you ever get a sense that you've been on your phone too long? What are the signs for you?

Radesky, J., Weeks, H.M., Schaller, A., Robb, M., Mann, S., and Lenhart, A. (2023). Constant Companion: A Week in the Life of a Young Person's Smartphone Use. San Francisco, CA: Common Sense

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CENTER FOR DIGITAL THRIVING

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SEXTING

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SEXTING

- **"The sharing of sexually explicit images, videos, or messages through electronic means"** *(Madigan, Ly, et al., 2018; Madigan, Van Ouytsel, et al., 2018).*
  - Consider using youth vernacular: "**sending nudes**"

- **19.3%** of individuals under 18 have sent a "sext," **34.8%** have received one, and **14.5%** have forwarded a sext without consent *(Mori et al., 2022)*

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SEXTING

- **Sexting is part of modern dating**
  - Majority of **adults** report sexting either during dating/courtship or during a committed relationship
    - Higher rates of sexual satisfaction

- Vast majority of teenage sexting is <u>consensual</u>
  - Viewed as a normal practice in their lives
  - Sexual expression and exploration
  - Reinforcement of body image
  - Forming and maintaining a relationship
  - Experience of sexual excitement and enjoyment

- Clinicians should probe for adolescent's personal experiences
  - Suggests utilizing a curiosity based exploration of youth sexting behavior

(Madigan, Ly, et al., 2018; Madigan, Van Ouytsel, et al., 2018; Nielsen et al., 2015; Needham, 2021; Dully, J., Walsh, K., Doyle, C., & O'Reilly, G. 2023)

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WHAT ABOUT THE IMAGES?

- *International Child Sexual Exploitation Image Database*, a law enforcement investigation tool
  - From 2010, **self-produced youth images** comprised **40%** or more of all images in the archive

- Prompted researchers to re-evaluate terminology
  - "De-criminalizing" consensual sharing while focusing on exploitive and abusive behavior

- May be better to use "sexting" in consensual situations

(Quayle et al., 2018).

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3/12/2025

WHAT DOES FEDERAL LAW SAY?

- Images of child pornography are <u>not</u> protected under First Amendment rights **and** are illegal contraband under federal law

  - The age of consent for sexual activity in a given state is irrelevant; any depiction of a minor under 18 years of age engaging in sexually explicit conduct is illegal

 - Federal jurisdiction almost always applies when the Internet is used to commit a child pornography violation

It's important to be familiar with your State Laws – they may also apply

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WHAT DOES FEDERAL LAW SAY?

- The legal definition of sexually explicit conduct does <u>not</u> require that an image depicts a child engaging in sexual activity. A picture of a naked child may constitute illegal child pornography if it is sufficiently sexually suggestive.

  - Includes images created, adapted, or modified, but appear to depict an identifiable, actual minor (*presumably AI generated images and "Deepfakes" could fall under this*)

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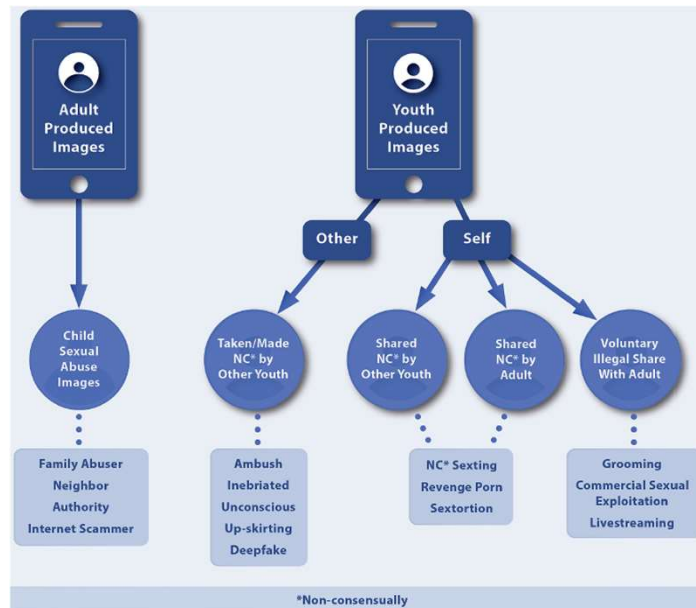
26
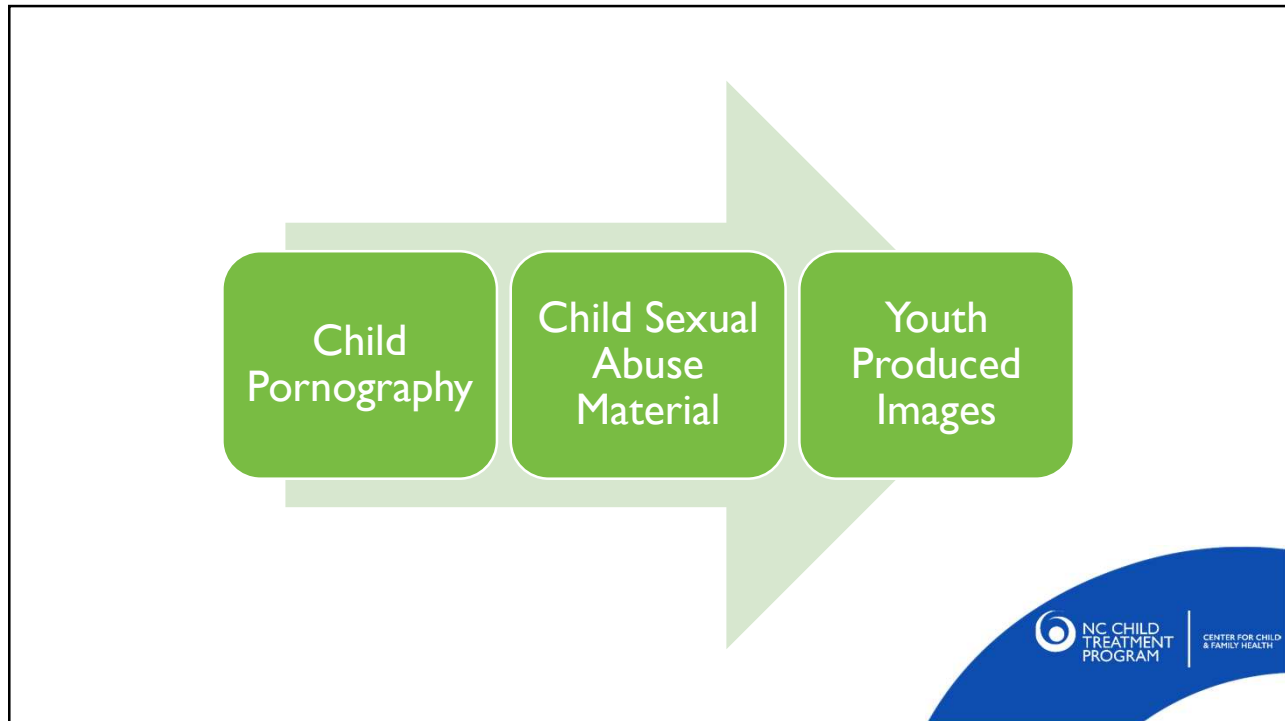
27
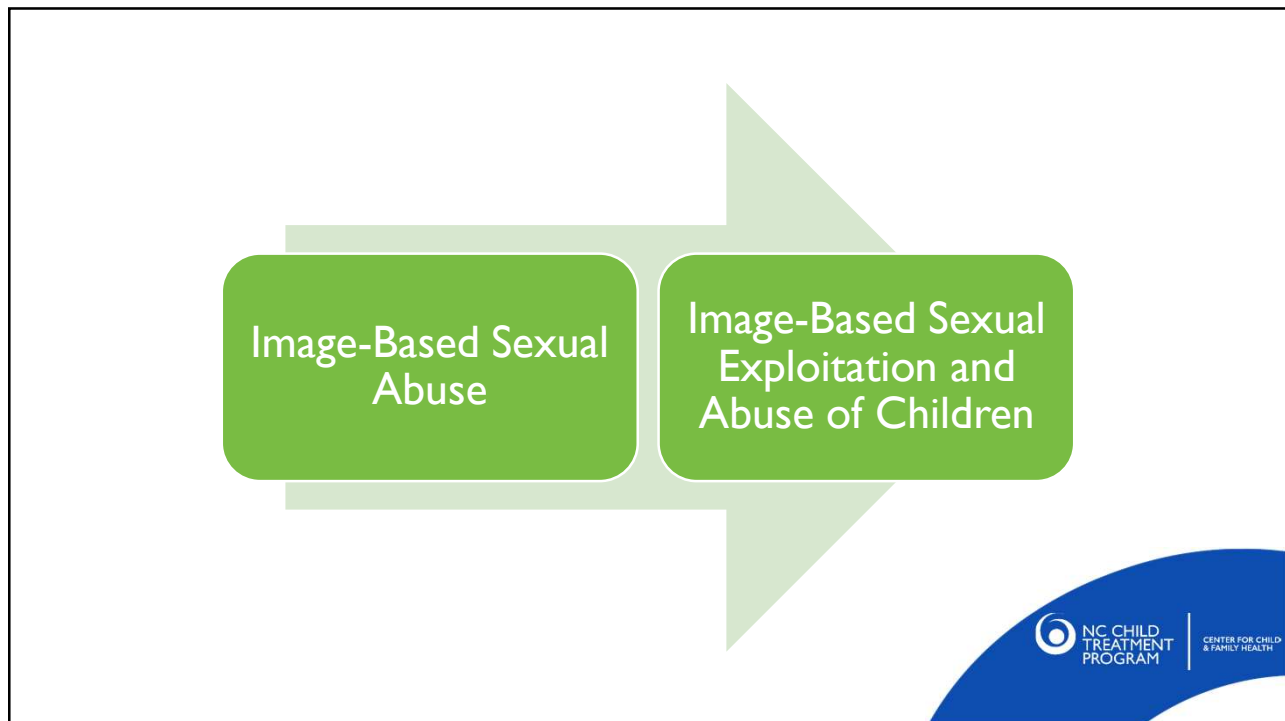
28

Fig. 1. Categories of Image Based Sexual Exploitation and Abuse of Children (IBSEAC).

Finkelhor D, Turner H, Colburn D, Mitchell K, Mathews B. Child sexual abuse images and youth produced images: The varieties of Image-based Sexual Exploitation and Abuse of Children. Child Abuse Negl. 2023 Sep;143:106269. doi: 10.1016/j.chiabu.2023.106269. Epub 2023 Jun 17. PMID: 37336088

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IMPACTS

- Negative impacts are predominately related to the non-consensual sharing of images

- Some studies suggest an increase in cyberbullying

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INTERVENTIONS: PROACTIVE

- Incorporate sexting discussions within context of sexual health education
  - Avoid fear <u>and</u> shame-based strategies
- Education should focus on **CONSENT**
  - The right to say "no" <u>and</u> how to say "no"
- Decision-making skills
  - "Why is this person asking?" <u>and</u> "Why do I want to share?"

- Encourage to crop or blur their face and other identifying features

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DISCUSSION POINTS

- How do we decide someone is safe? Trustworthy?
  - Focus on behaviors/actions
  - Can generate a list of trusted persons

- Consider utilizing popular media to generate discussion
  - Short video clips followed by discussion (see "*Your Photo Fate*")
    - https://www.youtube.com/watch?v=d5b1XZAkTlk

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https://www.missingkids.org/content/dam/netsmartz/downloadable/discussion-guides/your-photo-fate-discussion-guide.pdf

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"YOUR PHOTO FATE"

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INTERVENTIONS: RESPONSIVE

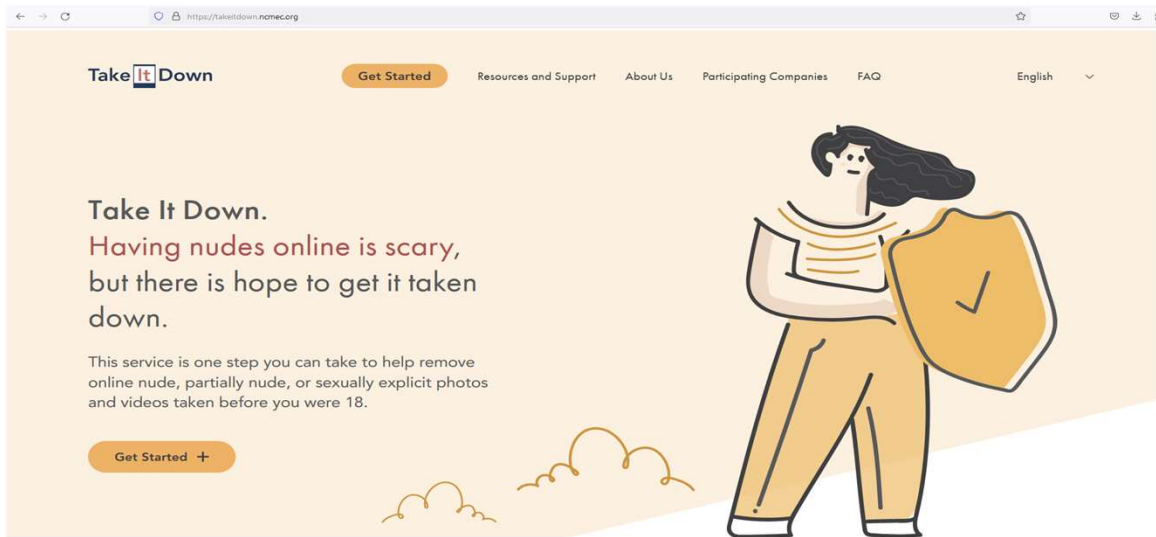- Adolescents seek a collaborative approach
  - Feeling listened to
  - Respecting their autonomy and choice

- Avoid victim blaming

- Acknowledge impact and distress

- Assist in notifying appropriate authorities in cases of non-consensual sharing

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TAKE IT DOWN

https://takeitdown.ncmec.org/

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PORNOGRAPHY

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ACCESS TO PORNOGRAPHY

FIGURE 1. Teens who have seen online pornography, by age

- 10 or younger: 15%
- 13 or younger: 54%
- 17 or younger: 73%
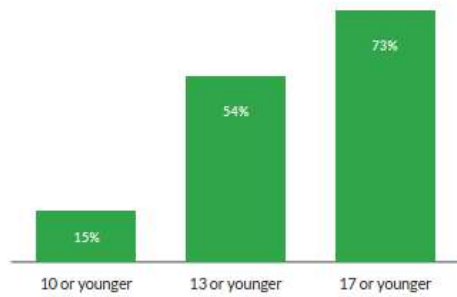
FIGURE 2. Teens who have seen online pornography on purpose or accidentally

- "On purpose" only: 15%
- Both "accidentally" and "on purpose": 29%
- "Accidentally" only: 29%

EVER VIEWED PORNOGRAPHY "ON PURPOSE": 44%
EVER VIEWED PORNOGRAPHY "ACCIDENTALLY": 58%
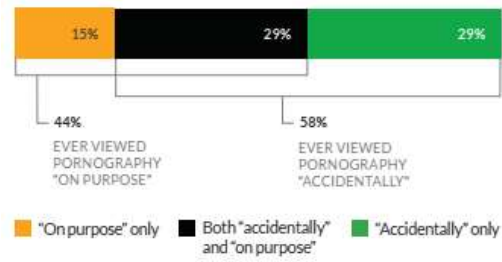
Robb, M.B., & Mann, S. (2023). Teens and pornography. San Francisco, CA: Common Sense.

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FIGURE 5. Ways in which teen respondents have ever accidentally seen pornography (among all teens)
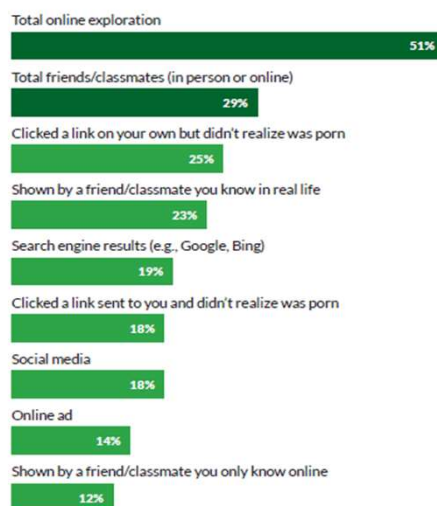
- Total online exploration: 51%
- Total friends/classmates (in person or online): 29%
- Clicked a link on your own but didn't realize was porn: 25%
- Shown by a friend/classmate you know in real life: 23%
- Search engine results (e.g., Google, Bing): 19%
- Clicked a link sent to you and didn't realize was porn: 18%
- Social media: 18%
- Online ad: 14%
- Shown by a friend/classmate you only know online: 12%

TABLE 4. Teen respondents that have seen online porn during the school day (among all teens)

By demographic	TOTAL	Age 13 to 14	Age 15 to 17	Cis Boy	Cis Girl	Transgender/ Nonbinary*	LGBTQ+	Non-LGBTQ+
Yes, in person at school	23%	23%	23%	24%	20%	27%	30%	21%
Yes, while attending school remotely	12%	12%	12%	14%	9%	24%	22%	10%
Total seen porn in school	30%	30%	30%	33%	25%	43%	43%	27%

* Small base size; interpret with caution.

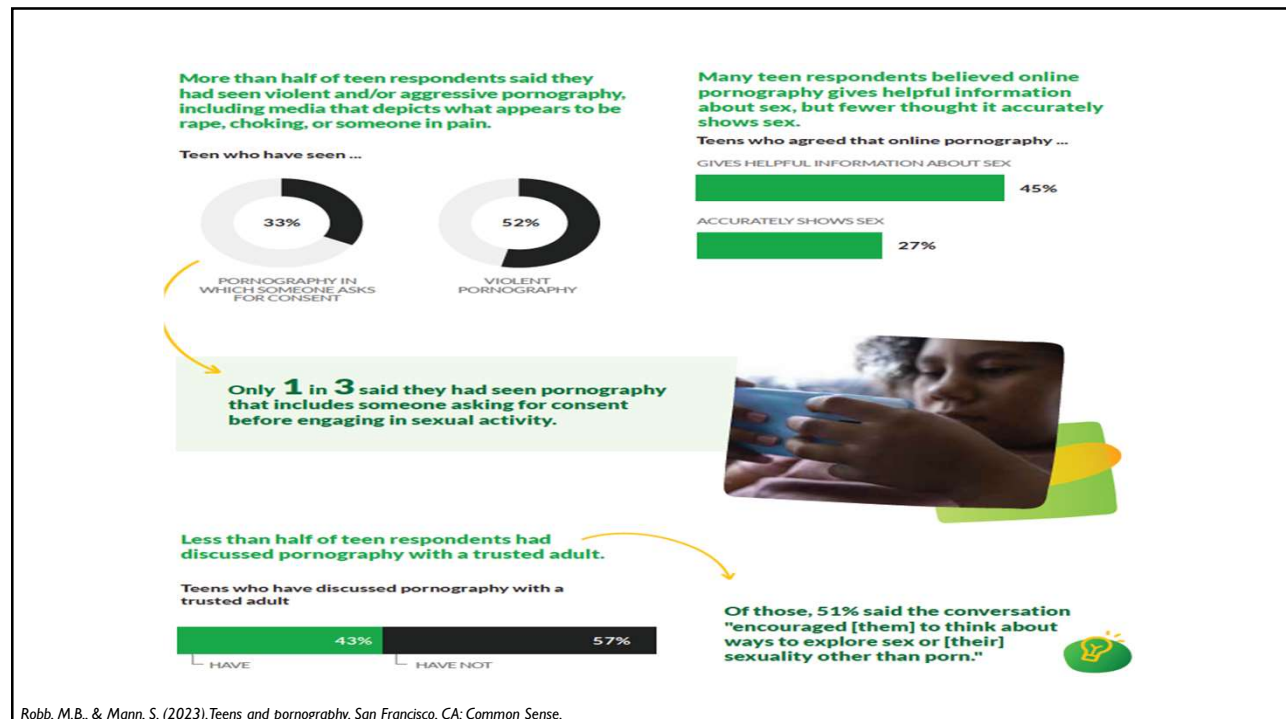| By school type	TOTAL	Traditional Public	Charter/Magnet	Home	Private/Religious
Yes, in person at school	23%	20%	31%	11%	41%
Yes, while attending school remotely	12%	9%	21%	16%	19%
Total seen porn in school	30%	26%	41%	27%	50%

Robb, M.B., & Mann, S. (2023). Teens and pornography. San Francisco, CA: Common Sense.

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WHAT ARE THEY LOOKING AT?

- ≥ **85%** includes aggression

- ≥ **70%** males as aggressor

- Majority of response by the receivers was neutral or pleasure

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More than half of teen respondents said they had seen violent and/or aggressive pornography, including media that depicts what appears to be rape, choking, or someone in pain.

Teen who have seen ...

33% — PORNOGRAPHY IN WHICH SOMEONE ASKS FOR CONSENT

52% — VIOLENT PORNOGRAPHY

Only **1** in **3** said they had seen pornography that includes someone asking for consent before engaging in sexual activity.

Many teen respondents believed online pornography gives helpful information about sex, but fewer thought it accurately shows sex.

Teens who agreed that online pornography ...

GIVES HELPFUL INFORMATION ABOUT SEX — 45%

ACCURATELY SHOWS SEX — 27%

Less than half of teen respondents had discussed pornography with a trusted adult.

Teens who have discussed pornography with a trusted adult

43% HAVE   57% HAVE NOT

Of those, 51% said the conversation "encouraged [them] to think about ways to explore sex or [their] sexuality other than porn."

Robb, M.B., & Mann, S. (2023). Teens and pornography. San Francisco, CA: Common Sense.
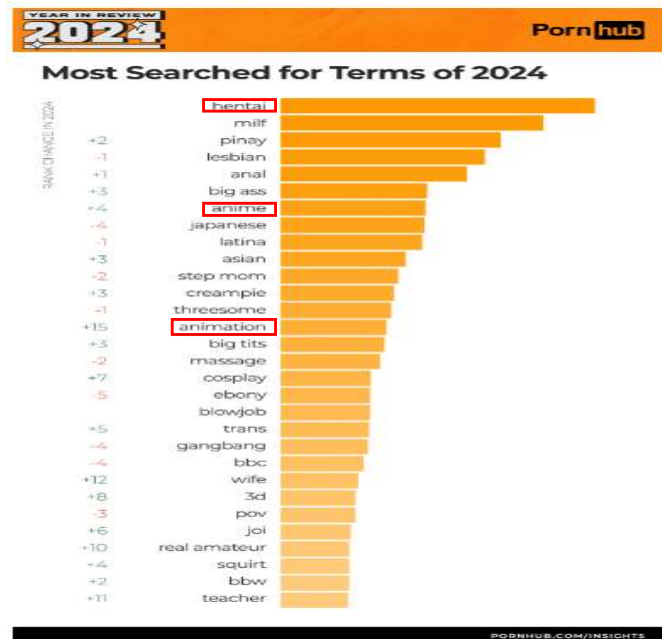
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PORNHUB: YEAR IN REVIEW

- **42+ billion** visits to Pornhub
- **130 million** visits per day
- **1.36 million** hours of new content = **169 years** of content to view
  - If you started watching 2019's new videos in 1854, you would still be watching them today
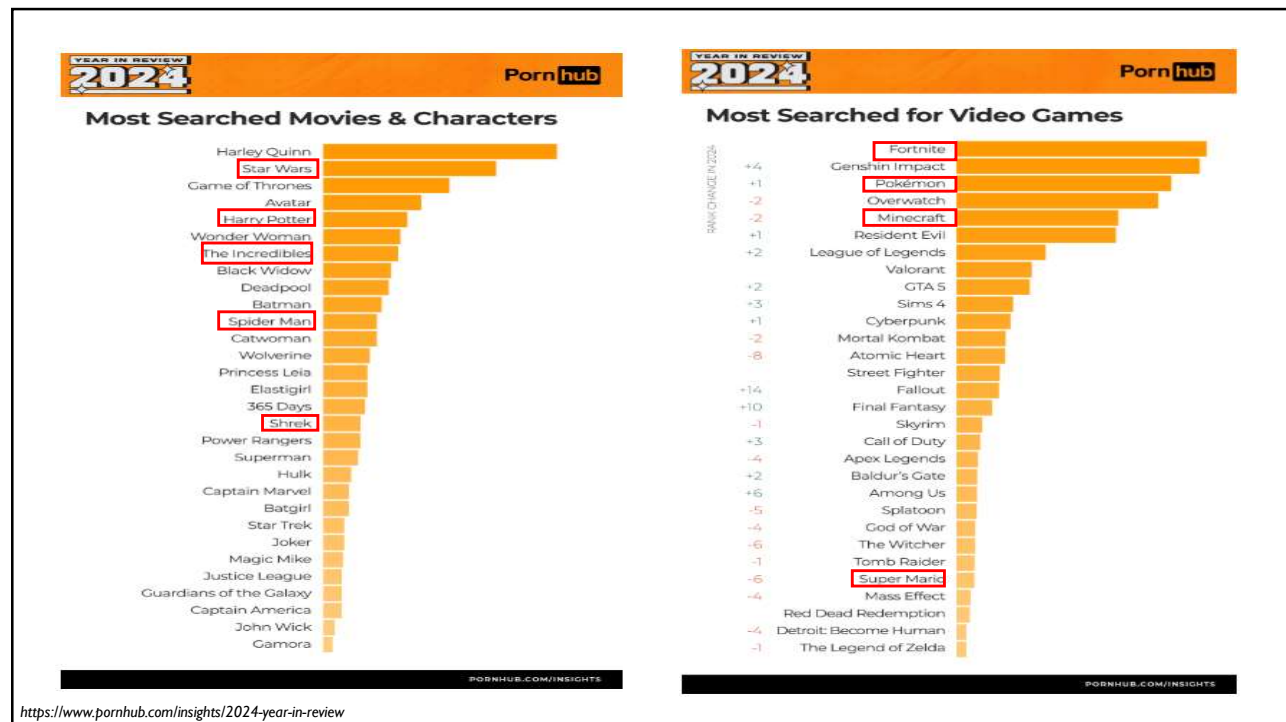- **6.83** million videos uploaded

😲😟😧😮😲

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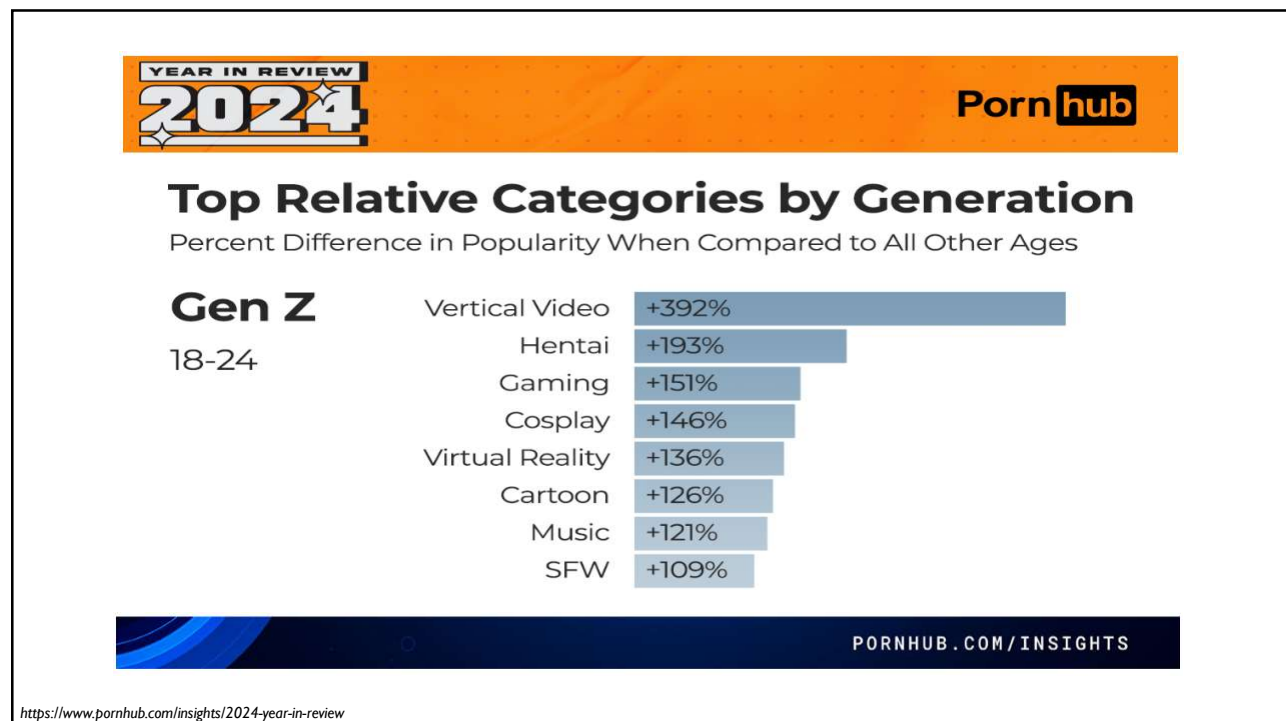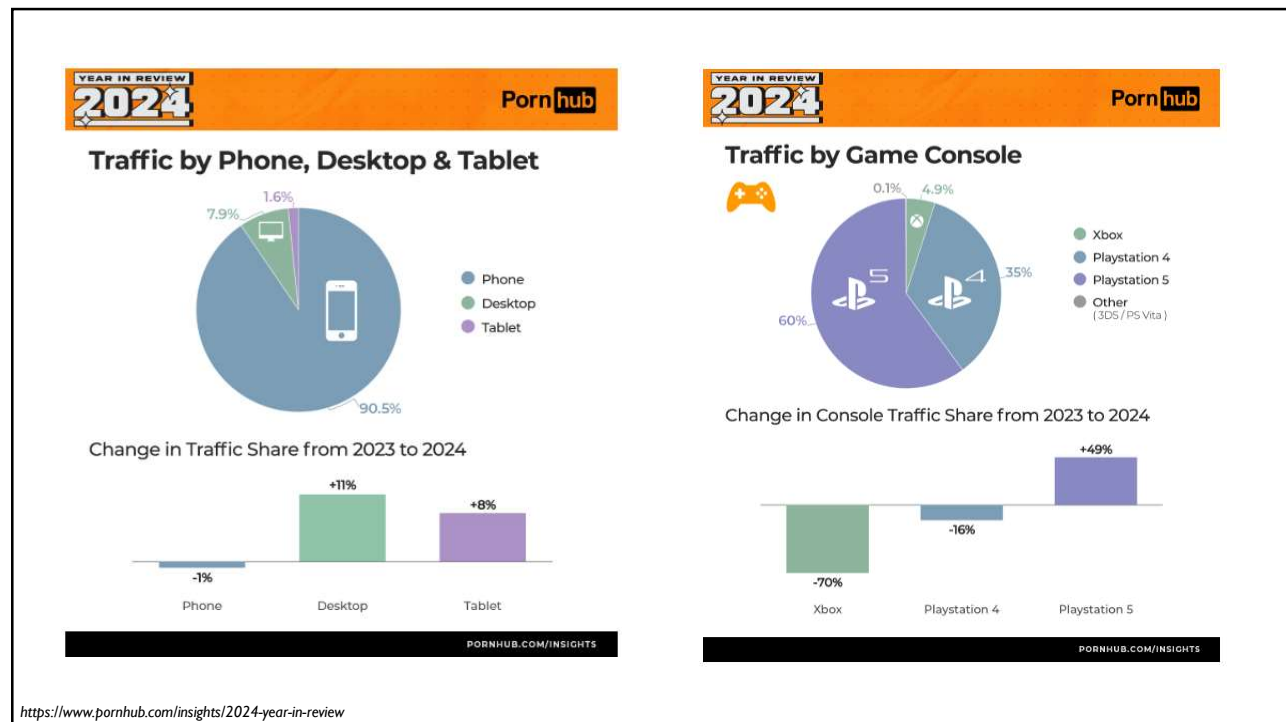*Retrieved from: https://www.pornhub.com/insights/yir-2021*
https://www.pornhub.com/insights/2019-year-in-review

41

https://www.pornhub.com/insights/2024-year-in-review

42

https://www.pornhub.com/insights/2024-year-in-review

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https://www.pornhub.com/insights/2024-year-in-review

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https://www.pornhub.com/insights/2024-year-in-review

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WHAT DO TEENS THINK ABOUT PORNOGRAPHY?

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TABLE 5. Teens who agree with the following statements

(among teens who have ever viewed pornography)

By demographic	TOTAL	Age 13 to 14	Age 15 to 17	Cis Boy	Cis Girl	Transgender/ Nonbinary*	LGBTQ+	Non-LGBTQ+
I feel ok about the amount of online porn I view	67%	57%	73%	64%	69%	70%	72%	65%
I feel like I should watch less online porn than I do	25%	31%	21%	25%	25%	19%	20%	26%
I wish I could watch more online porn than I do	9%	12%	6%	11%	6%	11%	9%	9%

* Small base size; interpret with caution.

> *50% of the teens who felt ok about the amount of porn they view felt guilty or ashamed after watching*

Robb, M.B., & Mann, S. (2023). Teens and pornography. San Francisco, CA: Common Sense.

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TABLE 6. Teens who say they have learned the following from online pornography

(among teens who have ever viewed pornography)

By demographic	TOTAL	Age 13 to 14	Age 15 to 17	Cis Boy	Cis Girl	Transgender/ Nonbinary*	LGBTQ+	Non-LGBTQ+
How to have sex	79%	78%	79%	85%	72%	81%	86%	77%
How to talk with partners	48%	48%	48%	51%	43%	51%	54%	46%
What types of partners I find attractive	72%	71%	72%	80%	61%	76%	80%	69%
What sexual behaviors I am interested in trying	72%	69%	75%	82%	61%	77%	81%	69%
About human bodies and anatomy	79%	78%	81%	83%	74%	87%	85%	78%
What types of sexual behaviors are likely to feel pleasurable to me	73%	70%	75%	82%	61%	78%	81%	70%
What types of sexual behaviors are likely to NOT feel pleasurable to me	64%	64%	64%	71%	55%	76%	75%	60%
What types of sexual behaviors are likely to feel pleasurable to a sexual partner	73%	70%	76%	82%	64%	78%	82%	71%
What types of sexual behaviors are likely to NOT feel pleasurable to a sexual partner	60%	60%	62%	68%	51%	72%	67%	60%

* Small base size; interpret with caution.

Robb, M.B., & Mann, S. (2023). Teens and pornography. San Francisco, CA: Common Sense.

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RISKS OF ONLINE "SEX EDUCATION"

- Children are exposed to inaccurate and/or unhelpful information.

- Youth who are less likely to have adult support around healthy relationships:
  - Often seek information on sexual health and sexual behaviors
  - Look for more interpersonal connections online compared to other youth

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IMPACTS OF PORNOGRAPHY EXPOSURE

- Majority of research is correlational (Third-variable problem)
- Is pornography "addiction" real?
  - Problematic use of porn (POPU)

- The more youth view pornography, the more realistic they find it
  - Relates to more positive attitudes towards casual sex
  - May impact youth's ability to find satisfaction in a healthy, consensual relationship

- Pornography use is linked with objectification processes, sexual permissiveness, and risky sexual behavior

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IMPACTS OF PORNOGRAPHY EXPOSURE

- Negative Self-Concept, anxiety, depression and reduced well-being

- Having been exposed to pornography and perceiving pornography as realistic were associated with <u>increased</u> sexual aggression risk
  - A stronger level of identification with pornographic actors was associated with an increased probability of sexual aggression for males, but not females

Wright, P.J., Paul, B. & Herbenick, D. (2021) Preliminary Insights from a U.S. Probability Sample on Adolescents' Pornography Exposure, Media Psychology, and Sexual Aggression, Journal of Health Communication, 26:1, 39-46, DOI: 10.1080/10810730.2021.1887980

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INTERVENTIONS: EDUCATION

- Acknowledge discomfort!

- Involve caregiver (understand family and cultural values)

- Incorporate pornography discussions within context of sexual health education
  - Avoid fear <u>and</u> shame-based strategies
  - Teens report these conversations helped them understand alternative ways to learn about sex and sexuality

- Take a curiosity-based approach
  - See The Savvy Consumer
    - https://blog.atsa.com/2019/10/the-savvy-consumer-guide-for.html

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DISCUSSION POINTS

- General
  - Do you know what pornography is? Have you ever seen pornography? What do you want to know, what have you heard that you aren't sure about or don't understand, what are your friends saying about sex and pornography?

- Specific
  - How do they feel about the content they see? Are you concerned about the amount of time you are spending looking at pornography?
  - Engage in discussion of power dynamics, gender roles and racial stereotypes they may have been exposed to

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DISCUSSION POINTS

- Highlight pornography is entertainment (it's exaggerated)
  - Paid actors
    - Many do not engage in the same types of behavior in their personal relationships
    - Address that pornography can often have violent/abusive images
    - Discuss images showing under 18 yo is child sexual abuse
      - This is illegal to watch, produce and/or disseminate
    - Real relationships are more complicated

  - What about DIY/homemade porn?

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INTERVENTIONS: EDUCATION

- Education should focus on **CONSENT**
  - The right to say "no" <u>and</u> how to say "no"

- Engage teens in conversation related to healthy relationships
  - What does it mean to be in a satisfying, healthy relationship?

- Decision-making skills

- This is an **ongoing** conversation!

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INTERVENTIONS: SUPERVISION/MONITORING

- Make it a habit!
  - Change passwords frequently

- Consider projecting school computer to large screen

- Many ways to monitor devices and content

- Variety of devices available that have a limited range of functions

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DIGITAL BIRDS AND BEES

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WHAT'S OK?

https://www.whatsok.org/

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ONLINE SAFETY

- **Connect Safely**:
  https://www.connectsafely.org/
  - Guides about online safety; including **parental controls**, popular apps (e.g., TikTok, Discord, Roblox, Instagram, etc.), gaming, cyberbullying, and sexting

- **Common Sense:**
  https://www.commonsense.org/
  - Provides education and advocacy to help technology become safer and healthier

- **Common Sense Media:**
  https://www.commonsensemedia.org/
  - Includes reviews and guidance for families of shows, movies, games, etc.

- **National Center for Missing and Exploited Children (NCMEC):**
  - **NetSmartz** (videos/games to teach children about internet safety):
    https://www.missingkids.org/netsmartz/home
  - **Take It Down** (assists with removal of online child sexual abuse material):
    https://takeitdown.ncmec.org/

- **Thorn**: conducts research, provides education and tools to defend children from online sexual abuse
  - For caregivers: https://parents.thorn.org/
  - For youth: https://nofiltr.org/

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