

BETTER TOGETHER

2018 ATSA Conference | Thursday October 18 | 3:30 PM – 5:00 PM

T-45

Digital Safety “101” for Practitioners

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Don't know if MySpace is still an actual thing or not? Still not on Facebook? Don't know what a SnapChat is? Never heard of "Penis Roulette"?

Do NOT Google that! Instead, come and join me for an important talk about our clients' social and sexual behavior in a digital age, and managing technology and safety in the community.

This workshop will be tailored toward practitioners with a low-moderate degree of Internet “savvy,” who are interested in expanding their knowledge base around effectively managing and helping clients navigate their online lives effectively, appropriately, pro-socially and legally.

Our clients WILL be online in some way. As counselors, we need to develop a relationship with that phenomenon and help our clients do the same—balancing their social, sexual and digital lives with boundaries, etiquette and good judgment.

Our average adolescent client spends a daily average of 7.5 hours on some form of tech. This talk will help you help your clients (and their families) effectively manage this.

This topic, I believe, fits with the theme of Better Together in that technology is a legitimate, emerging and complex landscape of sexual expression. Social interaction through screens is as commonplace and legitimate as real-world interactions, and practitioners should be comfortable discussing these exciting (and sometimes frustrating) interactions with our clients. Though there are benefits to technology, there are challenges as drawbacks as well. As sexuality professionals, it is imperative that we are confident in this arena in order to help our clients express themselves safely and ethically, while affirming this expression and staying a dependable resource for a new age of sex and social media.

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Learning Goals:

- Increase your cultural knowledge and practical confidence around technology and social networking-particularly in the context of sexuality in order to help engage and build rapport with younger or more tech-savvy clients.
- Develop a deeper understanding of the intersection of adolescence, sexuality and technology – specifically with regard to issues around pornography and sexting.
- An overview teen sexual behavior in a digital age, including the risks and benefits of online life.
- A breakdown of the most popular social networking sites and apps for t/weens--the good, the bad, and the ugly.
- Stats and facts about The Three Big Bads; Porn, Sexting and Cyberbullying.

Jo Langford, MA is a therapist, sex educator, international speaker and the author of the *Spare Me “the Talk!”* Series - the modern guides to healthy sexuality for boys (and girls) and their parents, and *The Pride Guide* - the first guide to social and sexual health for LGBT youth. More about his work with youth, parents and professionals to promote healthy social and sexual behavior (both online and off) can be found at his website, Beheroes.net.

Citations

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