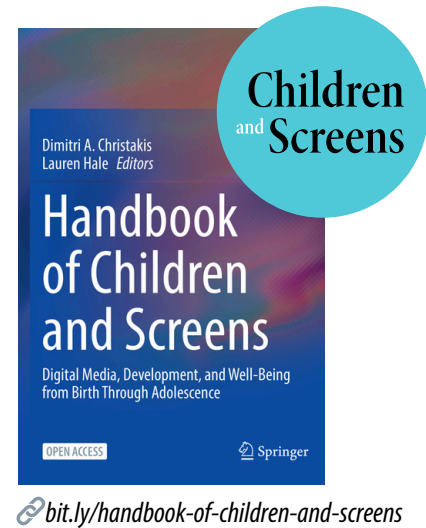


## RECOMMENDATIONS

# Navigating Gender and Sexuality in Children's Digital Media



[bit.ly/handbook-of-children-and-screens](https://bit.ly/handbook-of-children-and-screens)



## Parents, Caregivers, and Families

- Begin online safety conversations early with children.
- Discuss what healthy sexual relationships look like with adolescents.
- Understand how online pornography and other representations of sex and sexuality online or in media impact children.



## Clinicians and Providers

- Stay informed about media's role in gender and sexuality development and aware of available resources for youth and families.
- Guide youth in finding and vetting online sexual health information.
- Discuss teens' online sexual experiences with them in nonjudgemental ways.
- Understand how to address issues around problematic pornography use, nonconsensual sexting, online sexual harassment, and sexual health needs for youth.
- Co-create inclusive evidence-based resources with LGBTQ+ youth.
- Complete training for delivering accurate and culturally sensitive information to LGBTQ+ youth.



## Educators and Teachers

- Openly communicate with youth about their digital tech use.
- Implement comprehensive, evidence-based sexuality education across multiple years, utilizing age-appropriate information.
- Develop student conduct policies that address students' use of pornography, sexting, and dating apps at school.
- Create media literacy initiatives that promote positive portrayals of gender and sexuality.
- Offer youth inclusive sexual health digital literacy programs.
- Include empirically supported, non-judgmental information about pornography in school-based sexuality education.
- Co-create online relationship curricula with adolescents.
- Educate youth on how to navigate interpersonal interactions safely.