



**DIGITAL
BIRDS & BEES**

SEX, SAFETY, AND GROWING UP ONLINE

Clinicians

Sex education covering online risk, trends, behavior, channels, exploitation and sexual abuse.

Government

Program development and facilitated training addressing online sexual abuse, exploitation and human trafficking.

Families

Work with parents, caretakers and youth to promote healthy sexual development and online behaviors.

As a psychologist practicing across the U.S., I consult and present on issues about adolescence, sexuality, and technology for health professionals, educators, and parents. This work has grown from my years working with parents, kids, and my life experience. Talking about sex can be equally awkward for parents and kids, as both want to avoid embarrassment. I still remember my father's loving but failed attempt at trying to talk to a 12-year-old me about sex. I can't recall much of the conversation

other than the soul-crushing awkwardness that was low-grade traumatizing. He was out of my room so fast I'm amazed he didn't leave a plume of smoke like in the Road Runner cartoon.

I hope we can learn to have honest, healthy talks that help kids and adults build trust, positive self-images, and emotional security, all while raising responsible digital citizens. This work has grown from years of my clinical practice and educating adults about navigating this tricky topic.



Dr. Alex Rodrigues



AS AN EDUCATOR, CONFERENCE SPEAKER, AND PSYCHOLOGIST, I HAVE A VARIETY OF TOPICS AND WORKSHOP OPTIONS THAT CAN BE COMBINED TO SUIT YOUR CONFERENCE THEME AND UNIQUE NEEDS. I CAN PRESENT HIGH ENERGY AND ENGAGING KEYNOTES OR FACILITATE A STRUCTURED, TAILORED WORKSHOP FOR A CLINICIAN OR LEADERSHIP GROUP.



DIGITAL ISSUES I COVER



Risky content

Child pornography, cryptocurrency, adult pornography



Sexual abuse

sexortion, doxing, revenge pornography



Digital influence

How digital content impacts teenagers



Digital sex ed

Sexual education



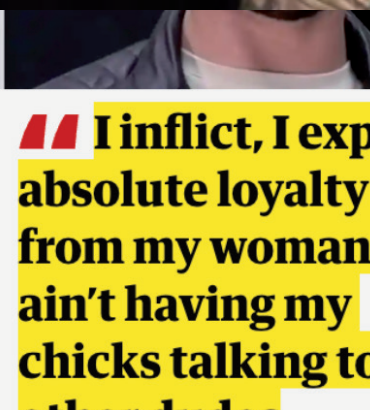
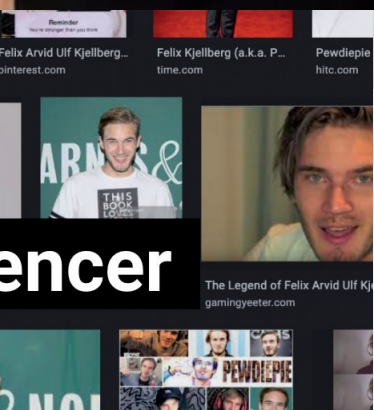
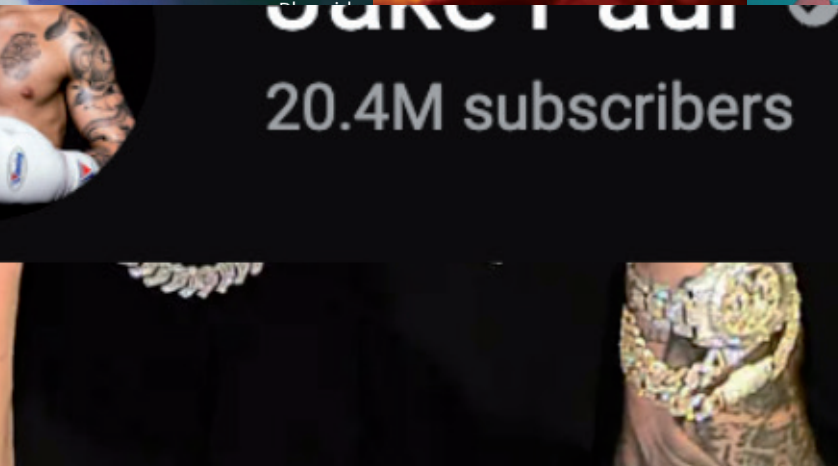
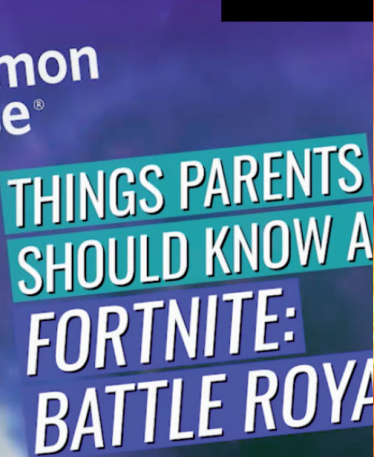
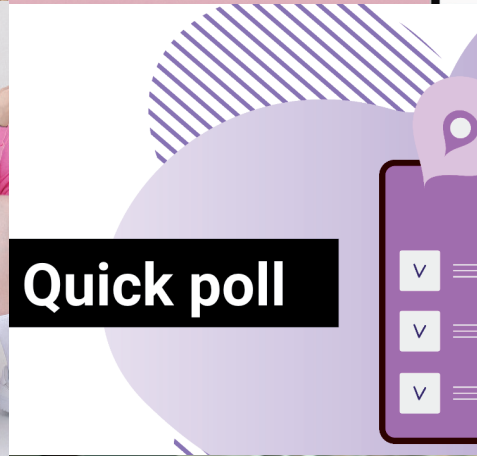
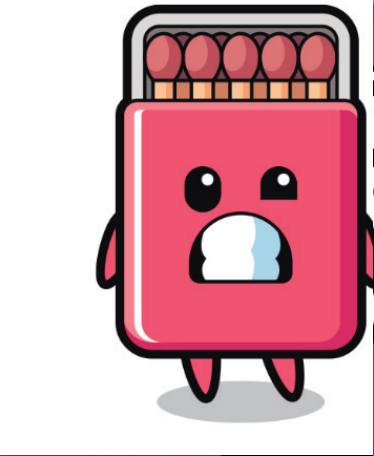
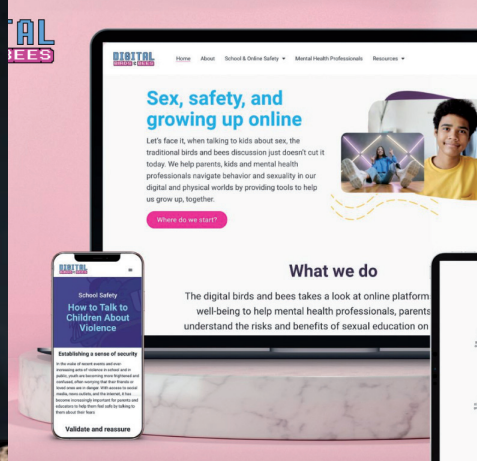
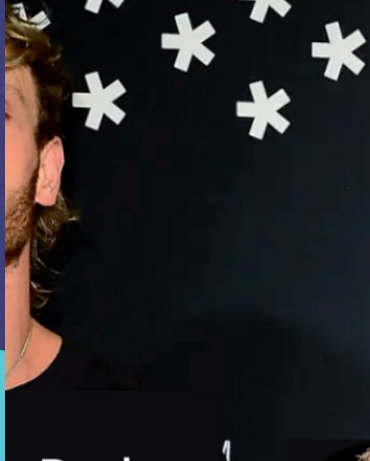
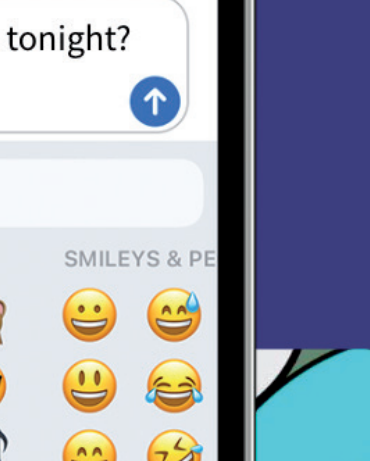
Negative effect

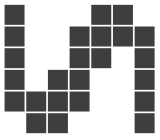
Misperceptions of safe, healthy sex



Collaboration

The TEAMS approach



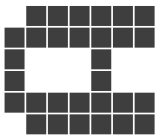
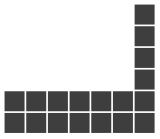


Dr. Alex Rodrigues

Psychological Insight & Assessment, private practice

Dr. Rodrigues is a forensic psychologist and runs a private practice where he completes various court evaluations, including sex offense-related evaluations, competency to stand trial, insanity, and juvenile transfer

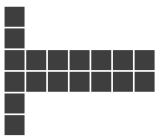
assessments. He works with both adults and youths. He also consults with schools and employers on violence prevention. Dr. Rodrigues has served as an expert and testified in different jurisdictions.



Education

Doctorate in Psychology

George Washington University



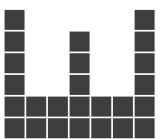
Graduate Degree in Forensic Psychology

The John Jay College of Criminal Justice



Bachelor's Degree in Criminal Justice

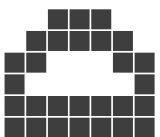
University at Albany



Experience

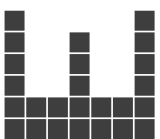
Kings County Psychiatric Center

Rotations with the psychiatric emergency program, Brooklyn Superior Court, and neuropsychology services.



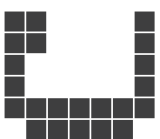
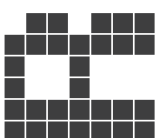
Saint Elizabeth's Psychiatric Hospital in Washington, D.C.

Member of the hospital's forensic consultation service, unit psychologist for individuals suffering from severe mental illness with pending criminal cases.



Metropolitan Employee Assistance Program (MPEAP)

Responded on scene for incidents with officers involved shootings and other traumatic events. Provided therapy for officers and their families.



Book Dr. Rodrigues

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I PARTICULARLY ENJOY WORKING WITH TEENAGERS AND YOUNG ADULTS THAT ARE TRYING TO FIND THEIR LIFE PATH, A GROUP I RESPECTFULLY REFER TO AS "WANTING TO LAUNCH." //

Dr. Alex Rodrigues