

Teens and technology: How to stay chill

Protecting our young people from online violence



According to our 2017-2018 study*:

Teens are super connected.

9/10 young people have access to a **home computer**.

7/10 young people own an **iPod**, an **iPad** or other **tablet**.

8/10 young people have a **smartphone**.

Technologies are central to young people's lives.



60% of young people use their smartphone for more than two hours a day.



30% of young people use their smartphone for more than four hours a day.

The applications most used by young people:



96%
of young
people use
YouTube



82%
of young
people use
Facebook



78%
of young
people use
Instagram



77%
of young
people use
Snapchat

*900 participants aged 12 to 18 answered our questions, from five schools in the Montréal, Laval and Montérégie regions.



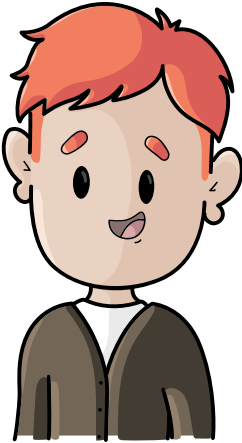
5 tips for starting and maintaining dialogue with your teen about using technology

- 1- Engage in fun, relaxed, informal activities** where you can talk as a family.
- 2- Talk about your own life** and anecdotes from your adolescence in order to express what you were feeling and thinking at their age.
- 3- Create a climate of openness** where people are allowed to make mistakes, because that helps us learn. **It can be useful to tell your teen that you won't confiscate their device if they confide in you.**
- 4- Talk about situations you see in movies or on TV** as a way to address sensitive topics for the first time.
- 5- Encourage reflection in your teen,** and ask for their opinion by asking questions about current or fictional events, such as:
 - What do you think of that?
 - What would you do in that situation?
 - What do you think the consequences are for the people involved?Share your own point of view on the question.

Better supporting teens in their technology use is an excellent way to prevent negative experiences.

To establish a family contract about technology use, visit mediasmarts.ca
To react in an emergency, visit cybertip.ca or call the Ligne parents:
1 800 361-5085

What are the rules at home according to teens?



9% of teens report that they're **not allowed** on certain applications or websites.

75% of teens report that their parents **don't have access to their online activities**.

According to our survey, few teens report having rules about technology use.

24% of young people report that they have **a time limit** on their technology use.

88% of teens report that they have **no parental control software** installed on their devices.

