

Teens and online violence: let's talk about it!

Protecting our young people from online violence



According to our 2017-2018 study*:

23% of young people who have had a romantic or dating relationship **say they have shared intimate photos with their partner.**

16% of young people who have shared an intimate photo **report that the picture was further shared without their consent.**



18% of young people report **having received a nude or sexually suggestive photo of someone else** that was circulating without that person's permission.

Young people who use applications like **Snapchat** and **Instagram** are more susceptible to being asked for intimate pictures and to receive such photos without asking for them.

As a parent, it's important for you to take an interest in your teens' technology habits, since technologies play a central role in their lives.

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



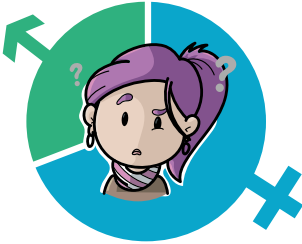
good habits to create with your teen

- 1- Have regular conversations** about the apps they use, their online activities and their technology habits.
- 2- Learn about and get to know the apps** our young people use, the risks associated with them, and the prevention strategies that can be put into place, particularly with apps such as Snapchat and Instagram.
- 3- Prioritize offline family time** by putting away devices during meals and other activities. Use an alarm clock instead of a cellphone, and charge phones somewhere other than the bedroom at night.
- 4- Adjust privacy settings regularly with your teen**, as user terms change with frequent app updates. This also gives you a way to maintain a right to see their posts and online friends.
- 5- Reinforce your teen's self-protection skills** by helping them recognize the most common manipulation tactics, such as flattery and threats, and by helping them develop ways to defend themselves. Use scenarios, such as: What would you do if someone you didn't know invited you to an event? What about if someone asks you for an intimate picture?

Your teen knows more than you do!

Ask them to help you with an app or with the parameters of your device. In addition to being a source of validation, this can be a great opportunity to talk about technologies together.

Different experiences for boys and girls?



36% of girls and **16%** of boys report that they've been asked to send nude or sexually suggestive photos of themselves.



36% of girls and **15%** of boys report that they've received a nude or sexually suggestive photo of someone when they didn't want to.



7% of girls report that they've been threatened with having intimate images of themselves posted if they didn't provide other intimate photos or money.

These numbers show how important it is to talk about online sexual violence with young people. Girls and boys alike should be educated about the issue and parents have a key role to play.