

Promoting communication between adults and young people: topics for discussion



Are you being yourself online?

About

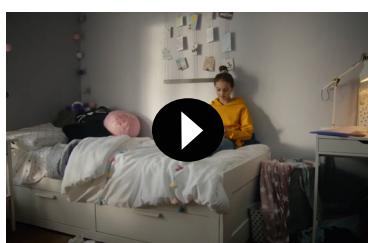
These discussion points have been designed to enable you to talk to young people about their technology habits and the prevention of online sexual violence.

As a trusted adult, you play an important role in educating children, particularly when it comes to sexuality. You act as a role model by passing on values and sharing their daily life. By discussing these topics with young people, you build a relationship of trust and create an atmosphere of openness about sexuality, which helps protect them from sexual violence.

1. I'd like us to watch this video together and talk about it afterward.

2. What does this video talk about?

Liliane is looking at photos on her cellphone to pick which one to post on social media. Looking at each photo brings up negative thoughts about herself. She decides to change her appearance (clothes and makeup) to take a new photo, but she's not happy with the result. Finally, she chooses to proudly post a pic of herself in which she has a medal.



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dreams of a world free of sexual violence. We prevent sexual violence and we help children and adolescents who are victims, as well as their families.

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Topics addressed in this video:

Social media networks

Self-esteem

Other people's judgment

Body image

Discussing topics that are relevant to young people is an effective way to position yourself as a trusted adult whom they can turn to in times of distress or need.

Discussion 1

What thoughts does Liliane have when she's looking at her photos?

She thinks she's smiling too much (first photo).
She's afraid people will say she's bragging (photo with medal).
She's afraid people will judge her (kiss photo).
She doesn't think she looks pretty (family photo).
She thinks she won't get many likes (family photo).

Notice that Liliane has two types of thoughts:

- About her appearance;
- About what others might think of her.

Why do you think we place so much importance on what people think of us?

To feel liked, admired and accepted.
To feel like we belong to a group.
Because it boosts our morale.
Because it makes us feel self-confident.

What do you think about how the story ends? Did Liliane do the right thing by posting the photo of herself with the medal?

In your view, is there a link between what people say about us and what we think of ourselves personally?

- There are links between the two things because we absorb people's comments, as well as the messages that surround us (TV, social media, advertising, etc.). They all influence us. A good example of this is fashion. We often want to be fashionable, to be like others. And if we don't follow the trends, sometimes this leads us to think we're less cool or less good-looking or that we don't measure up.

When you look at pictures of yourself, what thoughts come to mind?

- Try to identify the positive elements of the shared responses and continue the conversation using those elements.



Discussion 2

In the video, we hear what the character thinks when she looks at photos of herself. She's very critical of her photos. She puts herself down and fears other people's judgment. In your view, what's the long-term effect of these kinds of thoughts?

They can have an impact on body image.
They can have an impact on self-esteem.
They can have an impact on self-confidence.
Ultimately, they can have an impact on our relationships with others.

If we watched the video a second time, and every time Liliane makes a negative comment or puts herself down we tried to find something positive to say instead, what would those things be?

She thinks she smiles too much.
→ I really look like I'm in a good mood, my joy is contagious, etc.
She's afraid people will think she's bragging.
→ I won a medal and I'm proud of it. I'm good at gymnastics. My friends and family will be proud of me, etc.
She's afraid people will judge her.
→ I'm creative with filters. I'm not afraid of being made fun of. This is an original photo, etc.
She doesn't think she's pretty.
→ I'm surrounded by people who love me. I look happy. It was a fun moment, etc.

Last time, you told me some negative thoughts you have about yourself. Let's do the same thing, let's try to change all those thoughts into more realistic and positive comments. Tell me what you like about yourself. What are your qualities? What do other people like about you?

For more information and answers to your questions about preventing online sexual violence, visit Marie-Vincent.org or ProtectKidsOnline.ca.

For any emergency concerning the safety of a child, contact your local youth protection agency immediately.