



Supporting Teens' Experiences of Digital Dating Violence



As technology evolves and becomes more prevalent in our daily lives, it is important to understand the impacts of teen digital dating violence and the resources available for caregivers and anti-violence workers who support them.

Digital Dating Violence means physical, sexual, or psychological/emotional violence that occurs between dating partners via texting, social media, and related online mediums. This term is also known as, and will be used interchangeably with, technology-facilitated gender-based violence (TFGBV).

This toolkit provides anti-violence workers and caregivers supporting teens through their experiences of digital dating violence with information, tips, handouts, and resources from Women's Shelters Canada and other organizations.

What is Teen Digital Dating Violence?

What is Teen Dating Violence? For Adults Supporting Teens

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The Relationship Spectrum- *Love is Respect*

Understanding Teens and Technology: Safety, Privacy, and Empowerment

Using Technology Safely in Dating Relationships

Supporting Teens: Tools for Anti-Violence Workers

Technology safety planning should always be done in tandem with safety planning for other aspects of a survivor's life. Online violence and offline violence are interconnected; it is vital to consider the non-technology-related risks that may be associated with technology safety planning. This section offers anti-violence workers suggestions on how to support teens experiencing digital dating violence as well as safer use of technology suggestions and a tech safety planning checklist to incorporate into safety plans.

Conversation Starters for Tech Safety Planning

Tech Safety Planning Check List

Violence Is Preventable (video series), Victoria Women's Transition House Society

What's the Deal: Activity Book Grade 7/8 (PDF), Canadian Centre for Child Protection

Its a Big Deal: Activity Book Grade 9/12 (PDF), Canadian Centre for Child Protection

It's Your Body, It's Your Image, Take Back Control (video), Canadian Centre for Child Protection

Teen Digital Dating Violence: Information for Caregivers

Being a parent or caregiver of someone in an abusive dating relationship is hard. Add technology abuse to your teen's situation and this can heighten fear and frustration especially if you are unfamiliar with technology. This section provides helpful information to caregivers supporting teens through digital dating violence.

Supporting Teens Through Digital Dating Violence

How to Help Your Teen Recognize Unhealthy Online Relationships, Canadian Women's Foundation

The Importance of Seeking Support, Need Help Now

Parenting in an Online World, The White Hatter

Self/Peer Exploitation: What Parents Need to Know, Canadian Centre for Child Protection

Self/Peer Exploitation: Family Resource Guide, Need Help Now

Trauma and Youth who Have Experienced Online Exploitation (PDF), Canadian Centre for Child Protection

Sexual Exploitation And Trafficking Of Children & Youth In Canada A Prevention And Early Intervention Toolkit For Parents, Children of the Street Society

Take It Down

Steps You Can Take to Remove Pictures off the Internet (PDF), Need Help Now

DIY Cybersecurity for Domestic Violence, HACK*BLOSSOM

5-Minute Parenting Guide to Catfishing (PDF), The Tech-Savvy Parent

Legal Options

The information provided here is designed to help you better understand the legal options related to experiences of Teen Digital Dating Violence. These resources provide general legal information; legal advice or representation must come from a lawyer. If you are looking for more legal information, check out our [Legal Remedies Toolkit](#).

Is That Legal? West Coast LEAF. This resource is available in Arabic, Chinese, Punjabi, Spanish, English and French.

Did you Know in Canada it's Illegal To? (PDF), Canadian Centre for Child Protection

The Private Use Exception Rule and the Sharing of Intimate Images

A Note on Language



In this toolkit, we will sometimes use the word woman/women and feminine pronouns for simplicity and to recognize the significant impact technology-facilitated violence has on women and girls. We recognize that TFGBV also impacts trans, non-binary, and Two-Spirit people. We hope that all people impacted by TFGBV will find these documents useful.

This toolkit was created by Women's Shelters Canada's Tech Safety Canada Project and adapted with permission from the BC Society of Transition Houses' Technology Safety Project.

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