The Little Blue Bubble: How Teen Dating Violence Manifests Online

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Meet the Team

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Welcome!

It's a good day to take care of yourself (so is every other day).
Objectives:

- Learn how the signs of an unhealthy or abusive relationship translate online.
- Discover how online dating aggression and violence influence offline Teen Dating Violence.
- Learn how media romanticizes and intensifies unhealthy relationships.
- Empower youth to set healthy boundaries for themselves and manage online conflict.
- How to engage youth in Teen Dating Violence Prevention.
Where do you learn about relationships?
Where do you learn about relationships?

<table>
<thead>
<tr>
<th>Source</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>28</td>
<td>40%</td>
</tr>
<tr>
<td>Friends</td>
<td>12</td>
<td>17%</td>
</tr>
<tr>
<td>Teachers</td>
<td>7</td>
<td>10%</td>
</tr>
<tr>
<td>Social Media</td>
<td>13</td>
<td>19%</td>
</tr>
<tr>
<td>Other</td>
<td>10</td>
<td>14%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>70</td>
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</tbody>
</table>
Teen Dating Violence

- 9 - 35% of teens experience violence in a dating relationship
- Cyber Dating Abuse Victimization
  - 1 in 5 of all youth
- Cyber Dating Abuse Perpetration
  - 1 in 10

I know someone who has been harassed online.
1 in 4 teens have seen unwanted explicit content online

1 in 4 teens have experienced unwanted sexual solicitations

1 in 9 teens have reported being cyberbullied

95% of teens in the U.S. ages 12-17 are online
Toxic On-Screen Relationships
We Have Romanticized

“Teen Romance”  “Good Guy”  “Ride or Die”
How Dating Violence Manifest Online

Control of Social Media
- Accessing without permission
- Forcing Access
- Forcing to unfollow friends/family on social media

Use of Personal Information Against Partner
- Blackmail
- Doxxing
- Bribes
- Outing someone

Excessive Amounts of Time with Partner
- Constant video, phone, and text conversations
- Constant check-in to see where the partner is

Emotional Volatility
- Subtweeting directed at partner
- Oversharing romance online

Sexual Harassment
- Spam messaging
- Sending/sharing of unwanted pictures
- Unsolicited compliments
How Dating Violence Manifest Online

Stalking behaviors
- Monitoring location
- Snapmap/location tagging

Manipulation
- Trust issues
- Taking down certain photos
- The need to post about them on all accounts

Consent
- Posting without permission
- Sharing personal information

Catfishing
- Being online can allow us to remain anonymous, hide behind avatars.
- Impersonation
Online Victimization

Unique Risk Factors
- Ease of access
- Constant connectivity
- Lack of guardianship
- Privacy

Cyber dating abuse victims also experience
- 84% reported psychological victimizations
- 52% reported physical victimization
- 33% reported sexual coercion
How are youth communicating online?
Online Gaming Apps

- Top online game platform for children & teens.
- Connect with others around the world
- Simulate dating relationships

- 12+ rating for frequent scenes of mild violence.
- Voice & Text Chat
- Bullying - “roasting”
- Live Streaming
SnapChat

- Share Pictures, Videos, and Messages
- 90% of users are ages 13 - 24
- Ability to set viewing time of messages.
- Location sharing
- Hoop app - referred to as Tinder for teens
TikTok

- No. 1 downloaded app in 2020
- 69% of users are 13-24
- Video sharing
- TikTok Challenges
Who’s influencing our youth?
Our Findings

I use social media when I'm feeling ____.

My reputation on the internet is important to me.
< 33%

Told someone about the abusive relationship they were in or knew about
Open Communication

- Increases a youth’s ability to communicate clearly
- Reduces risk of exploitation
- Creates trusts for future conversations
- Reduces risk of seeking behavior
- Improves teen health and well-being
- Eliminates taboo/stigma
- For online safety, it begins the moment your youth are online

Reduces risk of low self-esteem
Just be straight forward even if it's awkward

Accept that we're kids and we make mistakes, we just want to know someone is there for us

Be open to new ideas! Put yourself in our position to try to understand our feelings

Communicate regularly, talk about everyday stuff, make your kids feel that you will be there for them

Be understanding, supportive, and thoughtful.

Don't lecture us, give us a chance to explain, and don't jump to conclusions

Let the conversation happen naturally
How to Talk to Youth

- Listen without judgement
- Be honest and open to maintain approachability
- Choose an appropriate time
- Avoid assumptions
- Create an action plan and set boundaries
- You know your youth best, trust yourself!
- Lose the “not my kid” mentality

Teachable Moments

Movie scenes
Social media posts
Internet scandals

“Do you know what internet safety means?”
Flirting or Hurting?

Sexting: What Should You Do?

amaze
Online Sexual Harassment

- Sexualised Comments - Body Shaming
- Sexualised viral campaigns that pressurise people to participate
- Gossip, rumours or lies about sexual behaviour
- Unwelcome sexual advances or requests for sexual favours.
- Rating peers on attractiveness
- Photoshopping images of another person
Setting Digital Boundaries

- Same as setting house rules, set online rules.
- Limit Time Online - Zoom Fatigue
- Sharing Personal Information - Passwords/Location
- Chat Box Settings
- Setting boundaries with you work with.
Setting Digital Boundaries

- What personal information are you comfortable sharing with friends/partner.
- Sharing Pictures - Tagging People on Social Media
- Sexting - It’s okay to say no, partner should respect boundaries.
- Knowing Social Media Privacy Settings
Setting Digital Boundaries

- Sharing Location or “Checking in” - Requesting Partners Location
- Sharing Devices
- Posting Publicly about Romantic Relationships - Got Consent?
- Accepting Friend or Follow Request
- Online Communication has real life consequences.
- It’s ok to log off
Virtual Safety Planning

Talk to a Trusted Adult

Privacy Settings

Reporting
Handling Disclosures of Abuse

Do’s
- Believe
- Actively Listen
- Safety Plan
- Validate Feelings
- Share Resources
- Thank them for sharing!

Don'ts
- Act Shocked
- Invalidate feelings
- Ask “Why..”
- Confront Abuser

What about Virtual Disclosures?
Supporting Youth Experiencing Dating Violence

Create Space for Survivors

Understand that it might be difficult to leave

Breaking the cycle of violence
Action Items

- Advocate for Gender-Based Violence Prevention Education in your community.
- Talk to other adults about what your teaching youth.
- Encourage youth to follow healthy content on social media.
- Empower youth by allowing them to make their own choices.
- Know your agency/school Title IX policy.
Action Items

- Calling youth in, instead of calling them out.
- Create a safe place for youth.
- Meeting youth where they’re at.

Prevention is Possible!
Engaging Youth in Teen Dating Violence Prevention
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TEA Club
Nonprofit Organization
TEA Club is a @ywcavg program that educates & empowers youth in our community about healthy relationships. Support Line 1.800.372.7782 teacubsv.cctcm.bio/

Edit Profile Promotions Insights

Vote! The TEAm About Resources Self-Care

THAT'S LOVE
respect each other & be honest

TRUST
HONESTY
RESPECT

YWCA IS ON A MISSION
If you or someone you know is experiencing violence, call YWCA 24/7 Support Line: 1-800-572-2782 or visit our website at ywca-sv.org

Questions?
Thank you!


Resources


3. Cubush, Stacey; Williams, Jason; Miller, Shari; Gibbs, Deborah; and Clinton-Sherrod, Monique. N.A. “Electronic Dating Aggression among Middle School Students: Demographic Correlated and Associations with Other Types of Violence”. RTI International.