

TEEN DIGITAL DATING VIOLENCE

ADDITIONAL RESOURCES

It can be difficult to find relevant Canadian information about the technology-facilitated violence you are experiencing. This information sheet provides links to mostly Canadian resources for teens experiencing digital dating violence that are supplemental to those found in BCSTH's Teen Digital Dating Violence Online Toolkit for Anti-Violence Workers. Simply click on the title!

Legal Remedies

- [Is That Legal?](#)

This plain language legal guide was developed for youth by West Coast Leaf. It explains what the law says about five common online situations that young people may experience (Cyberstalking, Consent, Sexual Exploitation and the Taking and Sharing of Intimate Images). This resource is also available in Arabic, Chinese, French, Spanish and Punjabi.

- [Sexting: Privacy and the Law](#)

The Kids Help Phone has posted some information about sexting and the Criminal Law on their website.

- [Legal Remedies For The Distribution Of Non Consensual Images \(Revenge Porn\)](#)

This information sheet was developed by the BC Society of Transition Houses to assist frontline anti-violence workers, usually non-lawyers, to better understand the legal causes of action related to the distribution of non-consensual images, or revenge porn, and the possible legal remedies for their clients when they are addressing these incidents.

<https://bcsth.ca/techsafetytoolkit/technology-safety-for-women-and-children-legal-remedies-for-the-distribution-of-non-consensual-images-revenge-porn/>

Staying Safe Online

- [Tips for Staying Safe Online](#)

There are ways that you can protect yourself when you go online. Tips are shared on the [Kids Help Phone](#) website.

- [Browse the Web Privately](#)

Most websites track your activity. A controlling partner could exploit your web browser to monitor this private life or the website company could gather your information and use it internally or sell to 3rd parties. The US based website [HACK*BLOSSOM](#) shares information on how to browse the web privately for folks in violent relationships.

- [DIY Cybersecurity for Domestic Violence](#)

Many abusive partners exert control using the technologies we rely on every day. When you're threatened by your partner, you can always reach out to an anti-violence program. But whenever you need to protect yourself online, you're not alone. The US based website [HACK*BLOSSOM](#) shares technology safety strategies for experiences of harassment, stalking, surveillance, the control or access of your online accounts, sharing of intimate images without consent and tips about checking your technology before you leave a relationship.

Non-Consensual Intimate Images (Revenge Porn)

- [Removing Sexual Pictures and Videos from the Internet](#)

Removing your intimate image or video from the internet whether it is shared to other people's phones, a website or social network can be stressful. The [NeedHelpNow website](#) provides youth (13 to 17 years old) with practical steps to remove their sexual images and videos from the internet.

- [Legal Remedies For The Distribution Of Non Consensual Images \(Revenge Porn\)](#)

This information sheet was developed by the [BC Society of Transition Houses](#) to assist frontline anti-violence workers, usually non-lawyers, to better understand the legal causes of action related to the distribution of non-consensual images, or revenge porn, and the possible legal remedies for their clients when they are addressing these incidents.

<https://bcsth.ca/techsafetytoolkit/technology-safety-for-women-and-children-legal-remedies-for-the-distribution-of-non-consensual-images-revenge-porn/>

- [Facebook: Not Without My Consent](#)

Here you will find steps you can take to remove the images Facebook, Instagram or Messenger and prevent them from being shared or re-shared.

- [A Quick Guide on Sexual Image Based Abuse](#)

The YWCA Canada provides a brief overview on Sexual Image Based Abuse.

- Intimate Image Deletion Notice

If you are a Canadian under 18 years of age and have consensually provided an intimate image or video (nude) of yourself to another person, you have the right to remove that consent and ask that person to delete the intimate image or video at any time. The [White Hatter](#) has developed an Intimate Image Deletion Notice to ask your abuser to voluntarily delete the intimate image(s) before proceeding with a criminal complaint.

- “No! It’s Rude To Ask For A Nude”

The [White Hatter](#) provides students with a digital tool that they can use to help send a message to the sender that what they are asking for is inappropriate, and sometimes even criminal. This digital tool is an image that contains this important message.

Social Media

- Tech Without Violence

This website provides resources to help prevent, respond to and support individuals experiencing online gender-based violence or harassment—known as cyber violence. This website provides youth with information for Facebook, Instagram, Twitter, Tumblr and Snapchat.

Online Exploitation

- What is Online Sexual Exploitation and Abuse

All types of online sexual exploitation and abuse are illegal. If you think you may be experiencing it, it’s important to involve a safe adult. The Kids Help Phone provides strategies about how to deal with online sexual exploitation and abuse.

- Have You Experienced Sextortion?

Dealing with sextortion is scary and overwhelming. US Based [THORN](#) provides information on strategies when experiencing sextortion. *Please note that the US based text line may not work for Canadian residents.

- How To Know If You’re A Target of Sextortion – And What You Can Do About It

This information sheet by the US Based organization [THORN](#) can help you identify if you’re experiencing sextortion. *Please note that the US based text line may not work for Canadian residents.

- Help a Friend Experiencing Online Sexual Exploitation and Abuse

Want to help a friend who is experiencing online sexual exploitation and abuse? The Kids Help Phone provides helpful strategies about how to here.

Cyber Bullying

- [Kids Help Phone: CyberBullying](#)

The [Kids Help Phone](#) website provides information for youth about cyberbullying.

Gaslighting

- [Gaslighting: How to Recognize this Form of Emotional Abuse](#)

The Canadian Women's Foundation has posted a short blog post to provide more information about gaslighting.

Sexting

- [Intimate Image Deletion Notice](#)

If you are a Canadian under 18 years of age and have consensually provided an intimate image or video (nude) of yourself to another person, you have the right to remove that consent and ask that person to delete the intimate image or video at any time. The White Hatter has developed an Intimate Image Deletion Notice to ask your abuser to voluntarily delete the intimate image(s) before proceeding with a criminal complaint.

- ["No! It's Rude To Ask For A Nude"](#)

The White Hatter provides students with a digital tool that they can use to help send a message to the sender that what they are asking for is inappropriate, and sometimes even criminal. This digital tool is an image that contains this important message.

- [The Kids Help Phone: Sexting](#)

The Kids Help Phone website provides a series of information about sexting. The sexting web page has posts about What is Sexting?, Sexting and Consent, Sexting and Staying Safe and Sexting and the Law.

Supporting Your Teen: Information for caregivers

- [Raising Digitally Responsible Youth](#)

This Parent's Guide gives you what you need to know in 2020 to stay in the loop about the most popular applications (apps) and trends. This information will equip you to better understand your child or teen and help you relate to the digital world that they are living in. This guide was developed by [Safer Schools Together](#).

- [Talking to your Teen about Recognizing and Unhealthy Online Relationship](#)

This handout created by the [Canadian Women's Foundation](#) provides caregivers with information to help caregivers recognize unhealthy online relationships that their teens may be experiencing.

- [Sexting Information for Parents](#)

[Needhelpnow](#) provides guidance to parents and caregivers on ways to talk to their teen about sexting.

You are Not Alone. There is Help Available:

If you or someone you know is experiencing teen digital dating violence, there is support available. Reach out for help to a trusted adult or connect with one of the organizations below:

- [The Kids Help Phone](#) is available 24/7 and counsellors can be reached by phone, text and live chat.
- [Society for Children and Youth of BC](#) operates a Child and Youth Legal Centre with appointments available for children and youth ages 9-19 in person, by phone or online.
- [KUU-US Crisis Line Society](#) operates a 24/7 crisis line for Indigenous people throughout BC.
- [Youth in BC](#) is an online crisis chat line for youth 25 years and younger operated by the Crisis Centre of BC. Youth can chat with a trained volunteer from noon to 1AM. *This service is available in BC and the Yukon only.

Spark Teen Digital Dating Violence Project

This document is a part of the [Spark: Responding to Teen Digital Dating Violence Toolkit](#). This document, or any portion thereof, may be reproduced or used in any manner whatsoever as long as acknowledgment to the [BC Society of Transition Houses](#) is included in the product.

This document was published March 2021.

