

Digital abuse, or just the way it is? Social media's influence on teen relationship norms

Taryn Fuchs

How can we disrupt digital abuse with young people if we don't agree on what behaviors are actually harmful?

Young people...



aren't aware of
the different
types of abuse



don't know how to
navigate the ways social
media permeates their
real life



are craving to
talk about it
with someone

What behaviors are considered normal?

- Being required to share a password/fingerprint for fear of it looking like you're unloyal if you don't
- Read partners messages/go through their phone
- Track partner's location through social media
- My partner got mad about someone's comment/like on my post
- Excessively texting your partner and bombarding with questions
- Expecting you to be glued to your phone

Why won't you?

That's what love is

Just checking in

They just want me to themselves

That's how we communicate

Social Media

zoe_bug113



Looks so fun!

47 5

I should be there!

All. Of. This.

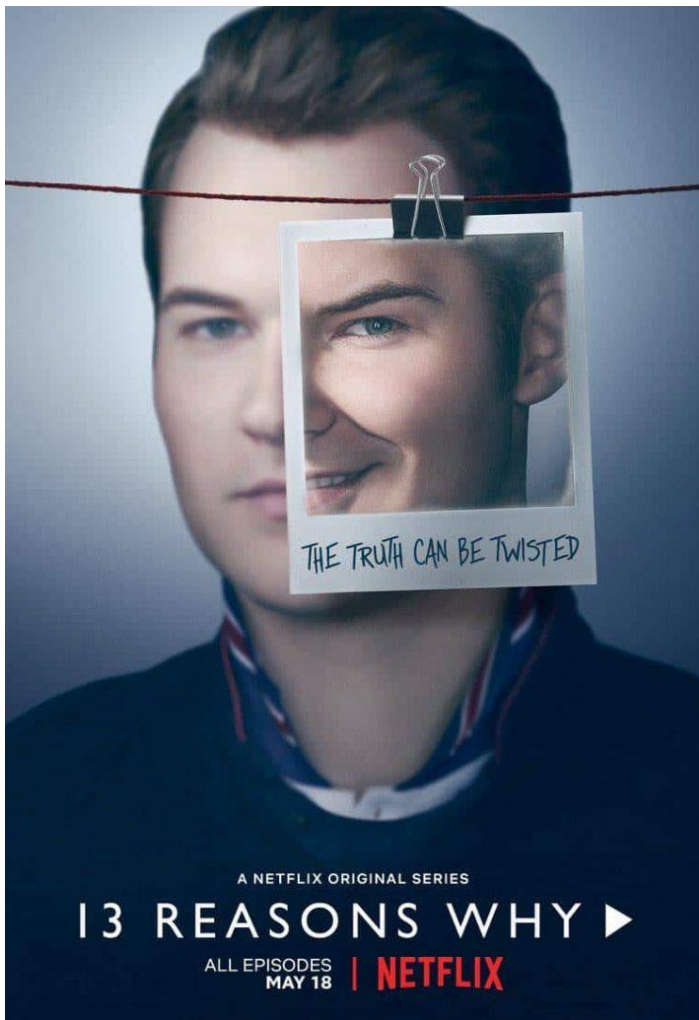


...

187 3

#behindthepost joinonelove.org

Media



Peers



Positive Youth Development...

is a strengths-based view of adolescence incorporating the development of skills, opportunities and authentic relationships into programs, practices and policies.

planting



growing



blossoming



<https://www.colorado.gov/pacific/cdphe/positive-youth-development>

Social Norming

Because *most* young people have a social urge to conform, they are therefore more likely to engage in what they *perceive* as the typical behaviors of peers.

Gap in perception



What I do ■————■ What I think my peers do

Tips for Engagement around Digital Abuse

WHY

Partner with them!

**Infuse social trends
into messaging**

**Stay strengths
based**

**Be patient as they
draw their own
conclusions**

**Ask non-leading
questions**

**Model what you
preach**

Point out the gold!

**Have them teach
others**

Digital Abuse Resources

For Young People

Joinonelove.org

(What relationship looks, sounds and feels like)

Loveisrespect.org

(chat with someone, bystanders, abusers)

Breakthecycle.org

(quizzes and information)

Contact Us |



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Youth Engagement Programs

Manager

