

# CONNECTED PARENTS

03

For dating relationships  
free of **CYBERVIOLENCE**

## What are the consequences of cyber violence in teen dating relationships?

Victims may experience a multitude of consequences.

Examples:

### “ In terms of their emotions, they may feel:

Angry and frustrated or wanting revenge.  
Anxious, afraid, ashamed or guilty.  
Less self-confident and lose trust in their friends.  
Insecure.

### “ In their social relationships, they may:

Withdraw into themselves, isolating themselves from others.  
Talk about quitting school.  
Get lower grades.  
Be teased, insulted or bullied by their peers.  
See their reputation ruined, privacy invaded and private life exposed without their consent.

### “ At the physical level, they may experience:

Difficulty concentrating.  
Recurring digestive problems.  
Sleep disorders (oversleeping or insomnia).  
Significant weight gain/loss.


## PSST!

1 in 5 teens say they are afraid of their partner's reaction if they don't answer them when they call or text.



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## KNOW ANY OTHERS?



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