

# CONNECTED PARENTS

For dating relationships  
free of **CYBERVIOLENCE**

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**Many resources exist for parents seeking to help their child deal with cyberviolence in the context of a dating relationship.**

Here are just a few:

#### “ **LigneParents**

*LigneParents* is a confidential service provided by professionals to parents of children aged 0-20 in Québec. Available 24/7 and at no cost, *LigneParents* offers parents support as needed to solve problems, answer their questions, and deal with crisis situations.  
1-800-361-5085 • [www.ligneparents.com](http://www.ligneparents.com) (in French only)

#### “ **SOS violence conjugale**

*SOS violence conjugale* [SOS domestic violence] is a helpline providing support and referral services for victims of domestic violence, their children and other family members. These services are confidential and available 24/7 throughout Québec.  
1-800-363-9010 • [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca) (in French only)

#### “ **Crime Victims Assistance Centres (CAVAC)**

CAVACs provide front-line services to victims of crime everywhere in Québec. Services include: information on rights, recourses, and legal procedures; accompaniment to court; help with filing for compensation.  
1-866-532-2822 • [www.cavac.qc.ca](http://www.cavac.qc.ca)

#### “ **ProtectKidsOnline**

[ProtectKidsOnline.ca](http://ProtectKidsOnline.ca) is a website designed to help parents/guardians stay on top of the digital world their children are engaging in. You will find information about the ever-changing online interests of young people, the potential risks they face and proactive strategies to help keep your child/adolescent safe while online.  
[www.protectkidsonline.ca](http://www.protectkidsonline.ca)

#### “ **NeedHelpNow.ca**

This website provides assistance to youth aged 13-17 when an intimate photo or video has been posted online without consent. It offers practical advice to help them regain control over the situation and explains how to contact Internet sites and services to ask them to remove a photo or video.  
[www.needhelpnow.ca](http://www.needhelpnow.ca)

#### “ **Get Cyber Safe**




Created by Public Security Canada for parents and young people, this website provides information, advice, and tools on cyberbullying and the distribution of intimate images online without consent.  
[www.getcybersafe.gc.ca/index-en.aspx](http://www.getcybersafe.gc.ca/index-en.aspx)

**PSST!**

Give your child the best support possible. Feel free to contact these resources!



**FOR MORE INFORMATION,  
CONTACT US:**

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 514-526-9037  
 [www.aqpv.ca](http://www.aqpv.ca)



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