LÉFAC
Laboratoire d'étude sur le bien-être
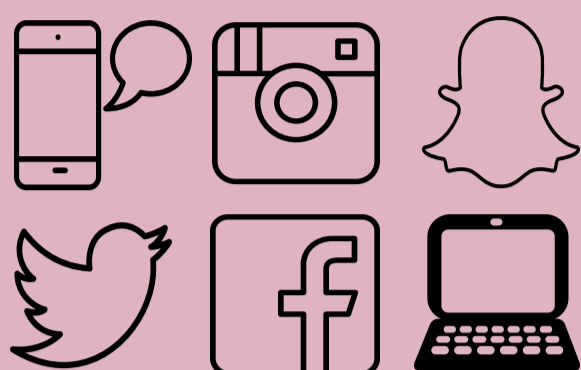des familles et des couples

Cyberviolence in Romantic Relationships

Cyberviolence utilizes technology to:

- Send insults and threats to one's partner
- Humiliate and denigrate one's partner
- Demonstrate jealousy

There are two types of cyber violence:

Cyber control
Behavior aimed at controlling or spying on their partner

VS

Cyber-aggression
Agressive behavior aimed at hurting their partner

Facts

In the last year...

90% of adolescents in a relations **used cyber control**

84% of adolescents in a relationship were **victims** of **cyber control**

For example:

- **83%** reported checking what time their partner last connected onto social media.

- **58%** reported checking their partner's phone without their permission.

- **26%** reported excessively calling their partner in order to find out where they were and who they were with.

- **33%** reported that their partner used their password (phone, social media, email) to look at their messages and/or their contact without their permission.

Adolescents mostly use cyber violence to **control** their partner rather than to hurt them.
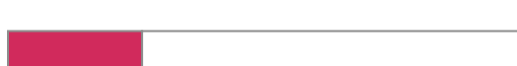
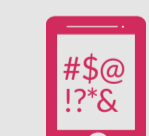## **What** to remember?

Facts

In the last year...

26% of adolescents in a relationship **used cyber aggression**

22% of adolescents in a relationship were **victims of cyber aggression**

For example :

- **14%** reported sending messages to their partner humiliating or insulting them via text or social media.

- **6%** reported using technology to act as someone else to test their partner.

- **6%** reported that their partner posted music, poems, or phrases on social media aimed at insulting or humiliating them.

Even though these behaviors may seem "harmless":

We receive and use cyberviolence − We are satisfied with our relationship + We consider breaking up and are less happy in our relationship