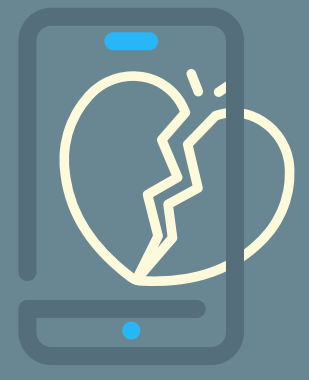


Cyber dating violence in adolescent relationships



What role does anxious attachment play?



The results presented are drawn from a study conducted with **126 adolescent couples**.

Cyber dating violence is...

Using technology to intimidate, control, or humiliate one's partner.

Cyber-control

Aims to **control or spy** on one's partner.
e.g., **reading their private messages** without their permission.



Cyber-aggression

Aims to **hurt** one's partner .
e.g., **sending them insults** by text message



Cyber dating violence puts adolescents at **risk of experiencing violence at any time**, even without being in the presence of their partner. Cyber dating violence poses numerous **consequences for the victim**.



Lower relationship satisfaction



Lower self-esteem



Academic problems (e.g., bullying, skipping class)

[Click here](#) to learn more about cyber dating violence in adolescent relationships.

Anxious attachment is ...

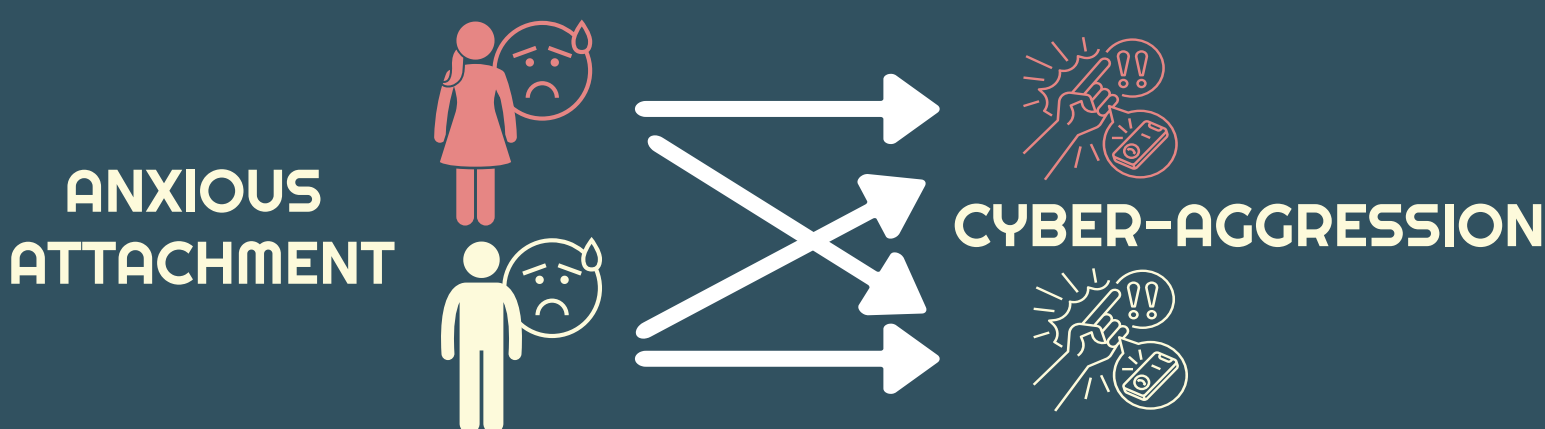
The tendency to form emotional and affective bonds with one's romantic partner, which is characterized by:



Fear of abandonment and separation

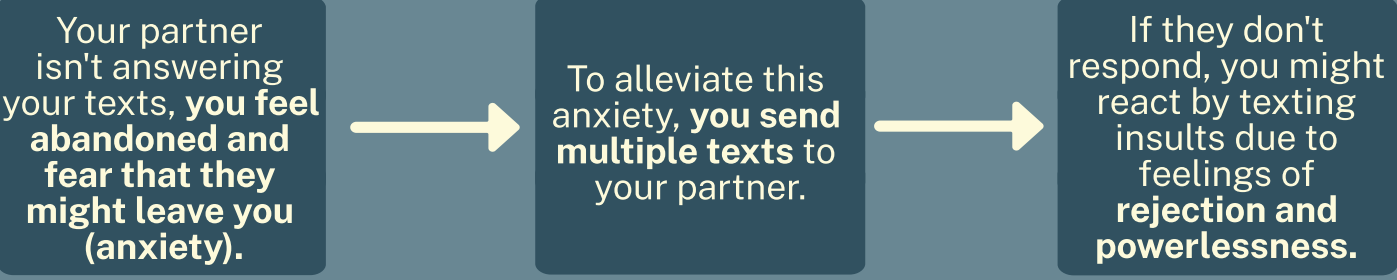
Excessive seeking of intimacy and closeness

What is the link between anxious attachment and cyber-aggression?

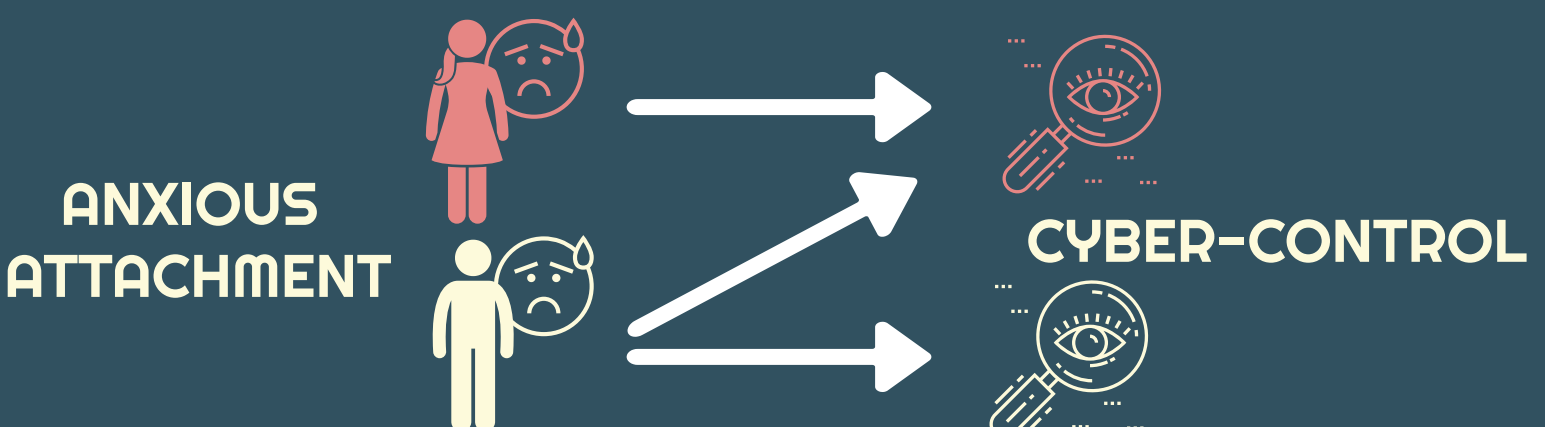


For **girls and boys**, a **high level of anxious attachment** is linked not only to **their own use of cyber-aggression** but also to **their partners' use of these behaviours**.

Why do teens resort to cyber-aggression?



What about the link between anxious attachment and cyber-control?

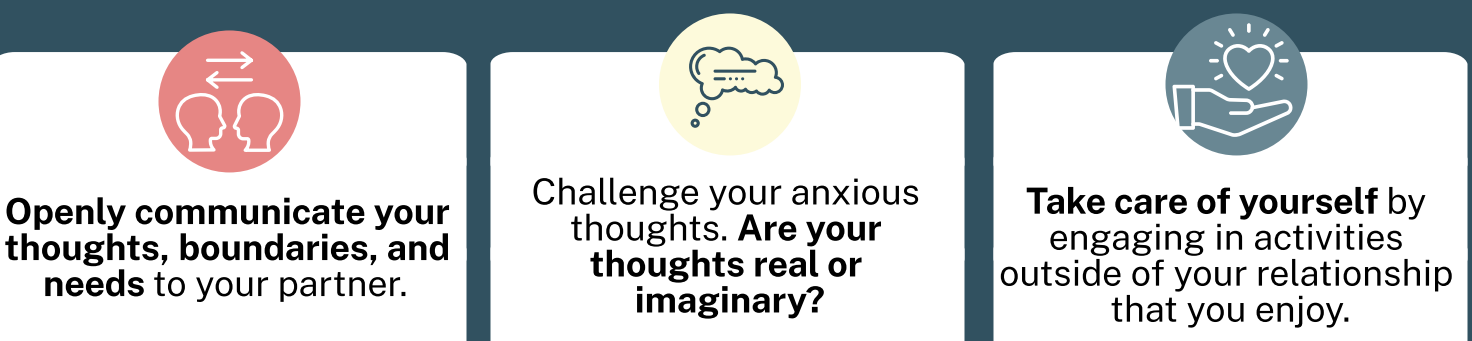


Adolescents with a high level of anxious attachment **tend to engage in cyber-control**.

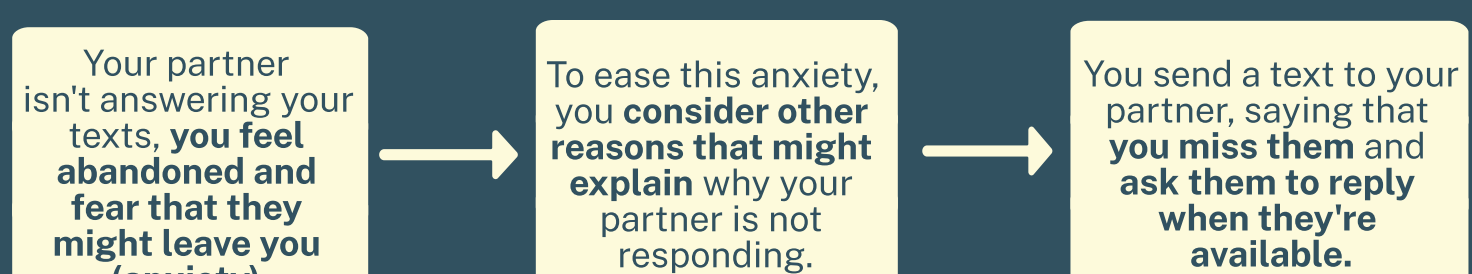
For girls, the use of cyber-control is also associated with their partners' anxious attachment.

It is possible that girls are **more aware and sensitive to their partner's anxiety**, which could lead them to **resort to cyber-control to reassure and demonstrate their commitment to the relationship**.

What to do when you feel anxious in your relationship?



How to implement these strategies?



To learn more about the lab's projects : www.lefac.uqam.ca

Consult the complete article :

Laforte, S., Paradis, A., Todorov, E., & Cyr, C. (2023). Romantic attachment and cyber dating violence in adolescence: A dyadic approach. *Journal of Adolescence*, 95(4), 647-660. <https://doi.org/10.1002/jad.12141>

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