

Plugged In & Protected

Teaching youth healthy
relationship skills
in the digital age

Leah Stanton, Sexual Assault Program Coordinator

DAWN CENTER SERVICES

Dawn Center of Hernando County is a **certified** domestic and sexual violence center providing **no cost supportive services** for victims/survivors to heal and plan their futures. Dawn Center is a non-profit organization dedicated to **creating social change** in the community and breaking down the barriers of stigma, silence, and shame.

Emergency Shelter & 24/7 Hotline

Legal Advocacy

Accompaniment

Economic Empowerment

Counseling & Safety Planning

Survivor Support Groups

Information & Referrals

Community Awareness & Prevention



Fast Facts

1 in 12

High school students report experiencing dating violence

LGBTQ+ Youth

Experience intimate partner violence almost twice as much as heterosexual/cisgender identifying youth

Heightened Risk

Youth that experience intimate partner violence are more likely to experience

- depression & anxiety
- engage in tobacco, alcohol or substance abuse
- contemplate suicide
- abusive & unhealthy relationships as an adult

Information provided by U.S. Centers on Disease Control & Prevention

Fast Facts

26 %

Youth report experiencing cyber dating abuse

12 %

Youth report perpetrating cyber dating abuse

33 %

Youth report experiencing sexual coercion online

1 in 6

Youth victims report seeking help

Information provided by U.S. Dept of Justice in partnership with Urban Institute

50 %

Victims of online sexual exploitation are between 12-15 years old

89 %

Sexual advances towards children occur online

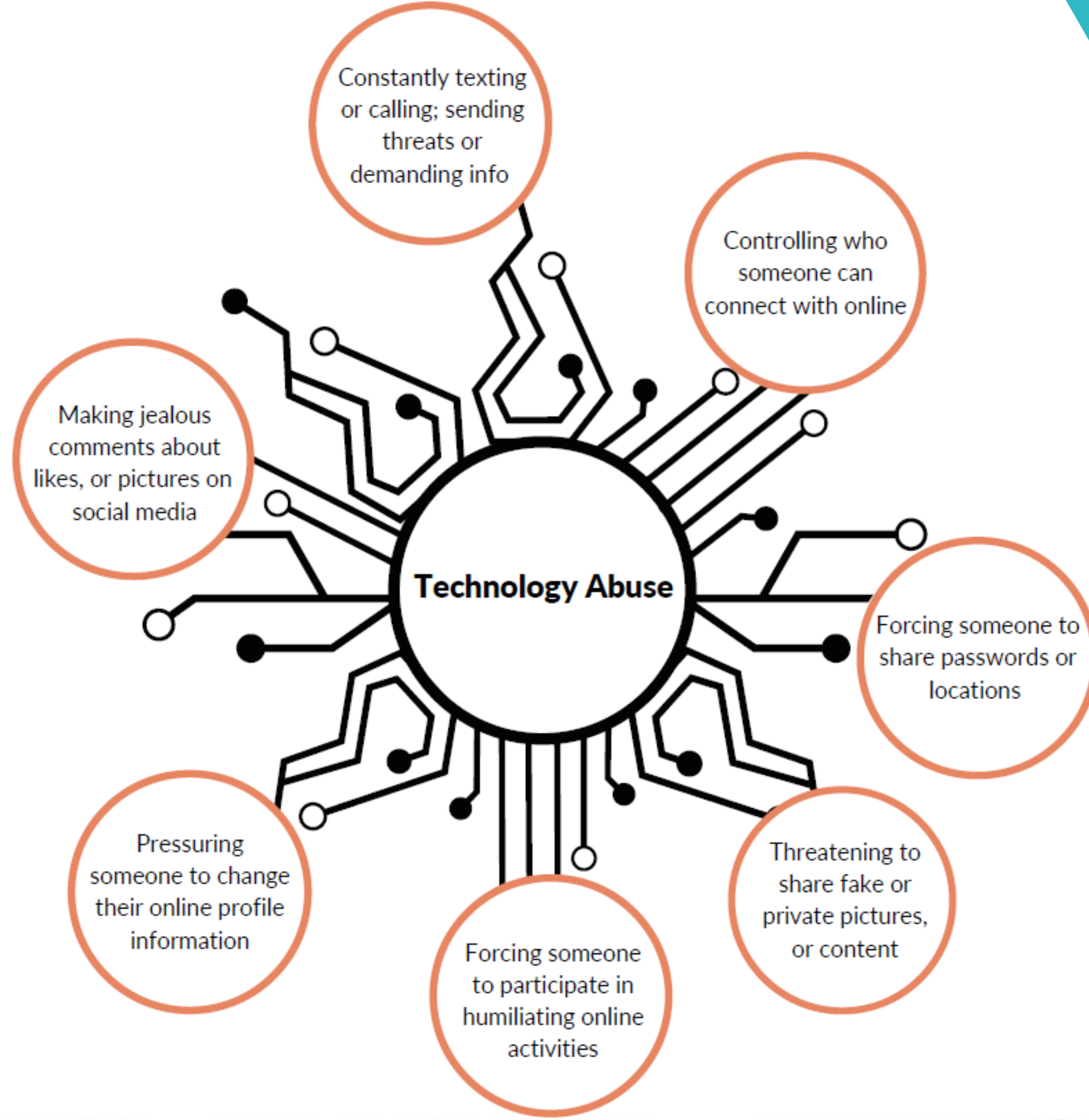
25 %

Reported incidents the perpetrator requested sexually explicit photos

4 %

Reported incidents the perpetrator requested to meet the child

Information provided by Child Crime Prevention & Safety Center



COMMON APPS & SITES



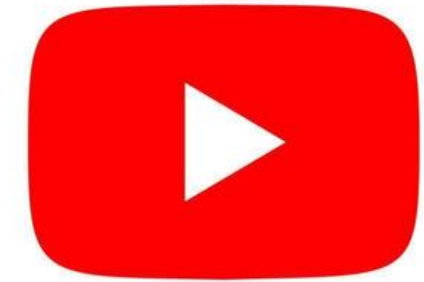
Snapchat



Instagram



TikTok



YouTube



DISCORD



ROBLOX



XBOX LIVE



reddit

Technology is not the enemy.

- Online safety begins with **embracing technology as part of the solution** and not just the problem.
- Cyber abuse, like all forms of abuse are rooted in **power & control**.
- While we teach safety & prevention measures, it does not eliminate the need for **perpetrator accountability**.



Engaging in tech safety with your child



Discuss Safety

Help your child know about potential dangers online & create a plan for reporting any incidents



Identify Boundaries

Encourage screen-free times and discuss password settings



Tech as a Tool for good

Interact with positive posts, hashtags and sharing positive news and information



Online Support Systems

Identify safe groups and sites where they can connect with others. Empower them to explore online resources



Security Measures

Set up find device services, use app content filters, regularly monitor usage, scan for risky apps

DIGITAL BREAKUP SAFETY

- Discuss blocking, muting or snoozing notifications
- Check location settings on apps & photo geo-tagging
- Set a written & verbal boundary
- Talk to a trusted adult
- Document or log suspected incidents of stalking
- Consider an Injunction for Protection
- If intimate videos or images have been shared, you can report them to: **www.stopncii.org**



Title IX Protections



Title IX is a **federal civil rights law** that prohibits discrimination based on the sex

- including pregnancy, parental status, gender identity or expression, and sexual orientation
- Prohibits
 - sexual harassment
 - gender-based harassment
 - sexual assault
 - domestic and dating violence, and stalking
- Applies to all educational institutions that receive federal financial assistance
- Requires that recipients have a program to prevent and address sex discrimination.

Where to turn to for help



Create a **customized safety plan** with a tech safety trained advocate

- Dawn Center of Hernando County: 352-592-1288



Report an incident of suspected child abuse or dating violence

- DCF Abuse Hotline: 1-800-962-2873
- Hernando County Sheriff's Office: 352-754-6830



Learn more about tech safety for teens

- **Safety Net Project**– National Network to End Domestic Violence
- **Tech Safety Guide**– Office for the Prevention of Domestic Violence



Where to turn to for help



Title IX information

- Ask your school for their designated Title IX Coordinator contact
- U.S. Dept of Justice– Civil Rights Division
- Advocates for Youth– Know Your Title IX



Learn more about talking to teens about healthy relationships

- [LoveisRespect.org](https://loveisrespect.org)
- lin6.org
- [Rainn.org](https://rainn.org)





 **Dawn Center**
Domestic & Sexual
Violence Services

FROM SURVIVOR TO THRIVER

We're Here To

H · E · L · P

HOUSING **ECONOMIC JUSTICE** **LEGAL ASSISTANCE** **PREVENTION**

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- <https://www.justice.gov/crt/title-ix#Introduction>

