

# Teens and technology: How to stay chill

*Protecting our young people from online violence*



## According to our 2017-2018 study\*:

### Teens are super connected.

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**9/10** young people have access to a **home computer**.

**7/10** young people own an **iPod**, an **iPad** or other **tablet**.

**8/10** young people have a **smartphone**.

### Technologies are central to young people's lives.

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**60%** of young people use their smartphone for more than two hours a day.



**30%** of young people use their smartphone for more than four hours a day.

### The applications most used by young people:

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**96%**  
of young  
people use  
**YouTube**



**82%**  
of young  
people use  
**Facebook**



**78%**  
of young  
people use  
**Instagram**



**77%**  
of young  
people use  
**Snapchat**

\*900 participants aged 12 to 18 answered our questions, from five schools in the Montréal, Laval and Montérégie regions.



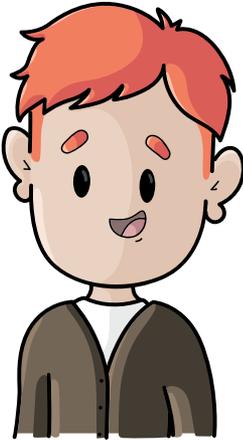
## 5 tips for starting and maintaining dialogue with your teen about using technology

- 1- Engage in fun, relaxed, informal activities** where you can talk as a family.
- 2- Talk about your own life** and anecdotes from your adolescence in order to express what you were feeling and thinking at their age.
- 3- Create a climate of openness** where people are allowed to make mistakes, because that helps us learn. **It can be useful to tell your teen that you won't confiscate their device if they confide in you.**
- 4- Talk about situations you see in movies or on TV** as a way to address sensitive topics for the first time.
- 5- Encourage reflection in your teen,** and ask for their opinion by asking questions about current or fictional events, such as:
  - What do you think of that?
  - What would you do in that situation?
  - What do you think the consequences are for the people involved?Share your own point of view on the question.

**Better supporting teens in their technology use is an excellent way to prevent negative experiences.**

To establish a family contract about technology use, visit [mediasmarts.ca](http://mediasmarts.ca)  
To react in an emergency, visit [cybertip.ca](http://cybertip.ca) or call the Ligne parents:  
1 800 361-5085

## What are the rules at home according to teens?



**9%** of teens report that they're **not allowed** on certain applications or websites.

**75%** of teens report that their parents **don't have access to their online activities**.

According to our survey, few teens report having rules about technology use.

**24%** of young people report that they have **a time limit** on their technology use.

**88%** of teens report that they have **no parental control software** installed on their devices.

