

SAFE COMMUNITY SERIES

HIGHLIGHTS



ONLINE HARMS AFFECTING YOUTH

HERE'S WHAT YOU MISSED (November 20, 2025):

Technology and social media can have **both** positive and negative impacts on youth.

- Many youth do not understand the harms of technology or know where to go for support if they face online harms. Use teachable moments and everyday events to start discussions about technology and its potential harms.

Treat phones like cars: Start with the “rules of the road” for phone use. Ensure the young person understands how their phone works, its safety features, and the rules. Prepare them for potential challenges and how to respond to online harms.

Set boundaries: Instead of imposing arbitrary rules on a young person, have a conversation and co-create rules. Ask for their input on things like which apps they can use, how long they can use their device, and the consequences for breaking the rules.

Be a good role model: Reflect on the way you use technology and the example it sets.

For additional tools and resources on online harms, visit
DIY Digitally Informed Youth: diydigitalsafety.ca

Check out upcoming **FREE** monthly sessions:

burnaby.ca/safecommunityseries | *Scan QR Code*

Any questions, email: crimeprevention@burnaby.ca

