TEENS AND TECHNOLOGY

DIGITAL BREAKUPS

Navigating breakups can be difficult, especially if the other person becomes abusive. At times, digital breakups are the safest option. Check out these tips for safely breaking up online!

Before the break up:

- You may be feeling uncertain or unsure about how to end the relationship. That's okay!
- Family or friends may be pressuring you to stay in the relationship, remember to make the best choice for you.
- Trust your instincts and consider how and when to have the conversation.

During the break up:

- Find a mutual space or medium. Consider using video chat or a phone call.
- Plan what you will say - write it down or practice with someone you trust.
- Be clear and honest about your boundaries.
- Honor your feelings. You may still care for the person, but ultimately your safety is more important.
- If the conversation escalates, it is okay to walk away.

After the break up safety plans:

- Turn off your location on apps, untag photos, and update passwords.
- Consider blocking, muting, or snoozing them.
- Talk to your loved ones and/or a trusted adult in school or the community.
- Set boundaries with mutual friends.
- Let someone know if you are being threatened or see signs of stalking.
- Prioritize your healing and don't feel guilty if breaking up is the safest choice for you.
- If there were intimate images shared during the relationship that you are concerned about visit StopNCII.org.

Remember, you have the right to safely leave a relationship.
Visit nnedv.org and eleven-24.org for more information about teen dating violence.

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