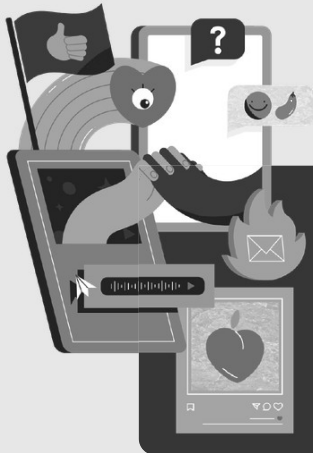


# Cybersexuality

Understand

Prevent

Intervene



## Understand cybersexuality

Cybersexuality refers to all forms of online sexual behaviour. It can be experienced in different ways:

- Passive → searching for information, consuming pornography, etc
- More interactive → sexting, interactive online sexual games, etc.

## Understanding engagement in cybersexuality

- Explore sexuality, desires and limits
- Test power of seduction
- Build self-esteem
- Create intimacy
- Assert identity
- Control digital image
- Respond/conform to social pressures



## Legal framework

For minors, the legal framework surrounding cybersexuality is a central issue, especially when it comes to sharing intimate images. Sharing intimate images without consent is a criminal offence.

- Any production, sharing or distribution of a sexual image of a person under the age of 18 is illegal and is considered child pornography
- Sexting between minors raises legal issues: it is prohibited by law, although cases brought before the courts are rare



### Legal consequences

#### Under 18 years old

Seizure of electronic devices, fines, YCJA files, etc.

#### 18 years old and over

Seizure of electronic devices, imprisonment, criminal record, registration as a sex offender, etc.

## Online sexual violence

This is a form of violence carried out using the various digital technologies available. It is part of a dynamic of control, power and violation of personal boundaries online. It's aggressive, unwanted and unsolicited. This type of violence has a real impact on young people's mental health as well as their social, professional and academic life.

### It can manifest itself in many ways, including:

- Revenge porn
- Sextorsion
- Deepfake
- Online sexual harassment
- Grooming and Child Luring
- Online touching via avatars



What is the worst thing that could happen if I share this image?

## QUESTIONS TO ASK YOURSELF BEFORE SENDING AN IMAGE OF YOURSELF:



Do I know other, less risky ways to flirt or attract someone?



Do I know what to do if a photo of me is shared without my consent?



How would I feel if other people saw this image of me?

## How can you intervene ?

In order to properly support and guide young people in the world of cybersexuality, some approaches are recommended to help build trust:

- Be curious and ask non-judgmental questions about young people's digital practices
- Create discussion spaces on the subject
- Recognize the expertise and reality of young people in the digital world
- Present real-life cases without moralizing
- Recognize that online experiences can be just as meaningful or life-changing as offline experiences
- Show humility and refer to specialized resources when necessary
- Remind young people that what goes online, stays online



## More information



Digital technology is part of young people's reality: let's listen to them and support them

## For more information

Check out the tools and resources on cybersexuality at the following address (in French only):

[santepublicquemontreal.ca/professionnels-et-partenaires/thematiques-de-sante-publique/sante-sexuelle/cybersexualites](http://santepublicquemontreal.ca/professionnels-et-partenaires/thematiques-de-sante-publique/sante-sexuelle/cybersexualites)

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