

### **True or False**

It is never okay for someone to say anything that makes you feel bad, lowers your self-esteem, or manipulates you.

*#EmpoweringMEandYou*

### **True or False**

You may be experiencing digital abuse if your partner steals or insists on having your passwords.

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### **True or False**

Your partner constantly texting you and making you feel like you can't be separated from your phone because you fear you may be punished is not digital abuse.

*#EmpoweringMEandYou*

### **True or False**

You have a right to be alone and spend time with friends or family without your partner getting angry.

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### **True or False**

To prove trust in a relationship it is best to share your passwords with your partner.

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### **True or False**

You may be experiencing digital abuse if your partner tells you who you can or can't be friends or interact with on social media sites such as Facebook.

*#EmpoweringMEandYou*

### **True or False**

You may be experiencing digital abuse if your partner frequently looks through your pictures, texts, messages, and outgoing calls.

*#EmpoweringMEandYou*

### **True or False**

Your partner constantly using sites such as Facebook or Twitter to keep constant tabs on you is not digital abuse.

*#EmpoweringMEandYou*

### **True or False**

It is best to always ask your friends if it is okay for you to check them in somewhere or tag them on Social Media.

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### **True or False**

All messages you send to your partner are private and you still have control over the content even once its sent.

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**TRUE**

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**FALSE – This could be a sign of digital abuse**

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Source: [loveisrespect.org/pdf/What\\_Is\\_Digital\\_Abuse.pdf](https://loveisrespect.org/pdf/What_Is_Digital_Abuse.pdf)

**FALSE – You lose all control over digital messages once they are sent**

Source: [loveisrespect.org/pdf/What\\_Is\\_Digital\\_Abuse.pdf](https://loveisrespect.org/pdf/What_Is_Digital_Abuse.pdf)

**TRUE**

Source: [loveisrespect.org/pdf/What\\_Is\\_Digital\\_Abuse.pdf](https://loveisrespect.org/pdf/What_Is_Digital_Abuse.pdf)

**FALSE – You don't have to share passwords with anyone**

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### **True or False**

It is okay to set boundaries online and to ask your friends/partners/family not to post or tag you in things you are not comfortable with.

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### **True or False**

If you're leaving an unhealthy relationship its best to block your ex on your social media and not to check-in online anywhere for a bit.

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### **True or False**

In one year nearly 1.5 million high school students nationwide experience physical abuse from a dating partner.

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### **True or False**

75% of teens say social media affects romantic relationships positively.

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### **True or False**

Approximately 20% of all teens experience depression before the age of 18.

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### **True or False**

It is okay to say whatever you want to whomever you want online. What you write online can't have negative real-life consequences.

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### **True or False**

If your friend is in an unhealthy relationship you need to be careful about what you post about them as it could be used by their partner to control or hurt them.

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### **True or False**

2 in 5 teens feel pressure to post only content that makes them look good on social media.

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### **True or False**

81% of teens ages 13-17 say social media makes them feel more connected to their peers.

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### **True or False**

26% of teens ages 13-17 report feeling worse about their own lives/having low self-esteem after looking at social media,

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**FALSE – What you say  
online CAN affect you and  
others in real-life**

Source: [loveisrespect.org/pdf/  
Social\\_Networking\\_Safety.pdf](https://loveisrespect.org/pdf/Social_Networking_Safety.pdf)

**TRUE**

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**TRUE**

Source: [joinonelove.org/act/behind-the-  
post/](https://joinonelove.org/act/behind-the-post/)

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Social\\_Networking\\_Safety.pdf](https://loveisrespect.org/pdf/Social_Networking_Safety.pdf)

**TRUE**

Source: [pewinternet.org/2018/11/28/teens  
-social-media-habits-and-experiences/](https://pewinternet.org/2018/11/28/teens-social-media-habits-and-experiences/)

**FALSE – 75% of teens say  
social media  
NEGATIVELY affects  
romantic relationships**

Source: [joinonelove.org/act/behind-the-  
post/](https://joinonelove.org/act/behind-the-post/)

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Source: [pewinternet.org/2018/11/28/teens  
-and-their-experiences-on-social-media/](https://pewinternet.org/2018/11/28/teens-and-their-experiences-on-social-media/)

**TRUE**

Source: [psychcentral.com/blog/why-are-  
so-many-teens-depressed/](https://psychcentral.com/blog/why-are-so-many-teens-depressed/)

**NOTE: Everything on the answers side is reversed in order to print correctly**