

TECHNOLOGY-FACILITATED GENDER-BASED VIOLENCE: WHAT YOU NEED TO KNOW

Technology-facilitated gender-based violence (TFGBV) happens when someone uses technology like texting, social media, or GPS tracking to harm someone because of their gender, how they show their gender, or what gender people think they are. It includes other kinds of harm that disproportionately hurt women, girls, and transgender people. People also experience tech-facilitated harm because of their sexual orientation and other parts of their identity.



TFGBV can have serious negative impacts like

Anxiety and depression

Harassment and violence

Social isolation

Suicidal thoughts, feelings, or intentions



48% of youth experienced TFGBV

Girls experience **HIGHER RATES** of victimization while boys are more often the ones causing the harm

Transgender students are **3 TIMES** as likely to experience TFGBV than cisgender students

Source: Atteberry-Ash, B., Kattari, S. K., Speer, S. R., Guz, S., & Kattari, L. (2019). School safety experiences of high school youth across sexual orientation and gender identity. *Children & Youth Services Review*, 104, 104402-104403.

Despite the serious impacts, most young people are not reaching out for help



1 in 4 young people **did nothing** after experiencing at least one form of harm

3%

reported experiences of harm to the **school**

39%

discussed it with a friend



1 in 5 young people **reported** it to their parents

Source: Horeck, T., Ringrose, J., Milne, B., and Mendes, K. (2023). Postdigital Teens: Gender based violence and tech facilitated harms during Covid-19: Final Report, University College London.

If you have experienced TFGBV, you are not alone!



[Kids Help Phone](#)

Canada's only 24/7 e-mental health service offering free, confidential support to young people.

[Techsafety.ca](#)

Offers knowledge and resources to support women, children, and gender-diverse people with their experiences of TFGBV.