

WELCOME TO OUR

Monthly Newsletter



This month, social media use and screen time among youth are making headlines around the world, signalling a growing shift in awareness, momentum, and the need for change. Here are just a few:

French lawmakers approve ban on social media for kids under 15

World Jan 27, 2026 5:53 PM EST



Federal officials draft plans to ban social media for children under 14

MARIE WOOLF >
OTTAWA
PUBLISHED JANUARY 21, 2026
UPDATED JANUARY 22, 2026

THE GLOBE AND MAIL*

Manitoba RCMP investigating after 7-year-old coerced to send nude images to man on Snapchat

Police, experts warn growing number of kids under 13 being sexually exploited online



Kristin Annable, Michelle Allan - CBC News -

Posted: Jan 19, 2026 7:00 AM AST | Last Updated: January 19



Extreme threats surge on social media, primarily targeting girls: child protection centre

Most victims are teenagers, but the youngest was 11



Darren Bernhardt - CBC News - Posted: Jan 21, 2026 2:26 PM AST | Last Updated: January 21

World

4.7M social media accounts deactivated since Australia's youth ban

Far more than expected prior to law taking effect last month

Thomson Reuters - Posted: Jan 15, 2026 9:17 PM AST | Last Updated: January 15

6 families sue TikTok over deaths of their children after apparent 'choking challenge'

By CNN

Updated: January 19, 2026 at 3:45PM EST
Published: January 19, 2026 at 3:33PM EST



CTV National News: Will Canada join other countries in banning social media for children?

Abigail Bimman looks at countries seeking to implement social media regulations to protect youth, and where Canada stands in implementing its own legislation.

January 27, 2026 at 6:04PM EST

SHOUT-OUT TO ROGERS!

"Some of the best memories I have till this day are neighbourhood friends playing together. You can't do that playing on a screen."

-Connor McDavid



ABOUT SCREEN BREAK

Earlier this month, Rogers launched its Screen Break initiative — a five-year, \$50 million program to help Canadian youth develop healthier digital habits and balance screen time with real-world experiences.

SPOTLIGHT THIS MONTH

Although youth social media and smartphone use are often discussed through a mental health lens, another serious and growing concern is technology facilitated harms, including sextortion. This is a serious problem that affects young people every day. Sextortion rates are increasing dramatically in Canada; there was an 88% increase from 2022 to 2023 (*cybertip.ca*). The RCMP has labelled this a public safety crisis affecting our youth.

10/DAY
SEXTORTION
REPORTS

RECEIVED BY THE CANADIAN CENTRE FOR
CHILD PROTECTION

(Lianna McDonald, Executive Director of CP3)

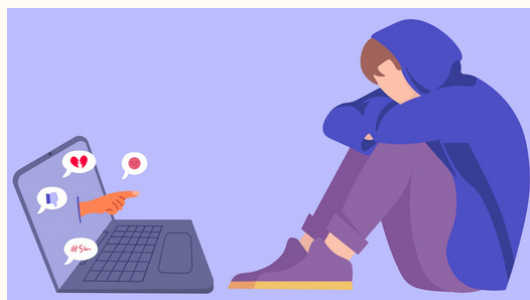
83%
OF SEXTORTION
VICTIMS ARE
YOUNG MALES

(cybertip.ca)

WE INVITE YOU TO A FREE EDUCATION EVENT:

As parents and caregivers, equipping ourselves with knowledge and resources helps us better guide and support the children in our care. That's why we're excited to welcome Dr. Alexa Dodge to share her expertise with our community.

Dr. Dodge is an Assistant Professor in Criminology at Saint Mary's University. She has been at the forefront of Canadian research on technology-facilitated sexual violence and she collaborates with the DIY Digital Safety Research Team on practical tools for survivor safety and accountability.



March 5, 2026

7:00pm

Canada Games Centre

Boardroom

Virtual Stream via Zoom Available

REGISTER

AN EVENING WITH DR. ALEXA DODGE

RESPONDING TO TECHNOLOGY-FACILITATED HARMS AMONG YOUNG PEOPLE

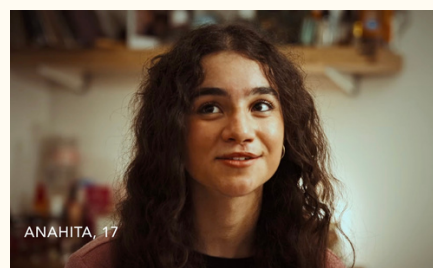
Based on focus groups with young people from across Canada, conducted with the DIY: Digital Safety research group, Dr. Dodge will explain some of the harms young people experience in digital spaces and what supports and responses they want when things go wrong online. This presentation will be useful for any adults who are working to support young people as they navigate the challenges of their technology-facilitated social lives.

MUST WATCH:

LOST GENERATION: YOUTH-LED DOCUMENTARY ABOUT SOCIAL MEDIA

This film brings together the voices of young people from across the UK alongside expert perspectives, exploring how addictive platform design is affecting mental health, attention, relationships, and childhood itself. Grounded in lived experience, LOST GENERATION places young people at the centre of a debate they are most affected by, but rarely lead.

WATCH NOW



UPCOMING FREE EVENT:

FEBRUARY 24TH AT 6:30PM
ST. MARGARET'S BAY ELEMENTARY SCHOOL
ZOOM OPTION AVAILABLE



THRIVING OFFLINE: HOW DELAYING SMARTPHONES CAN HELP KIDS FLOURISH

[REGISTER](#)

Come join us as we discuss the latest research on how smartphones and social media impact children's mental health, learning, and social development. Participants will learn why many families are choosing to delay smartphones and social media, what safer alternatives exist, and how to set age-appropriate boundaries that support healthy development.

PODCAST RECOMMENDATION

SOCIAL MEDIA ON TRIAL

For years, social media companies have relied on an impenetrable first amendment protection to shield them from legal claims that their products are dangerous to children. But now, a cluster of plaintiffs are trying a different tact. Cecilia Kang, who covers technology, explains why these new lawsuits pose an existential threat to social media giants, and how those companies are likely to defend themselves.

[LISTEN NOW](#)

WANT TO GET INVOLVED?

HELP US SPREAD AWARENESS IN YOUR COMMUNITY

If you're looking to make an impact in your community, reach out and we can give you some resources to help you start conversations with your parent circles and school administration.

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