

The Changing Face of Youth Violence

A look at the evolving trends in online violence

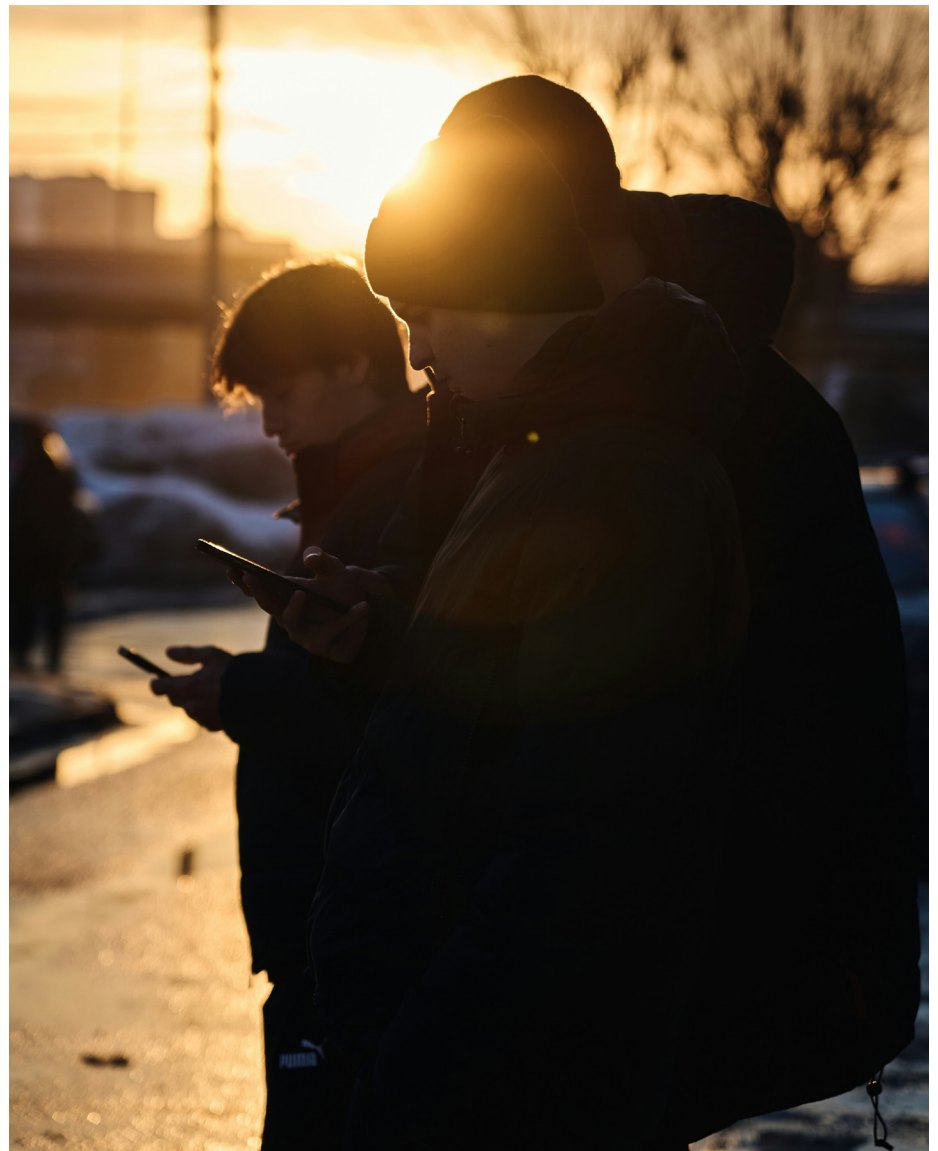


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Executive Summary

The purpose of this literature review is to examine the evolving trends in online violence, particularly since the previous review, and to identify emerging patterns that shape its current landscape. Additionally, three focus groups were conducted with youth across Toronto throughout the month of May 2025 (Bellevue, n=13; Ontario Street, n=13; Finch Avenue, n=13). Insights from these discussions with youth will be integrated throughout the literature review.

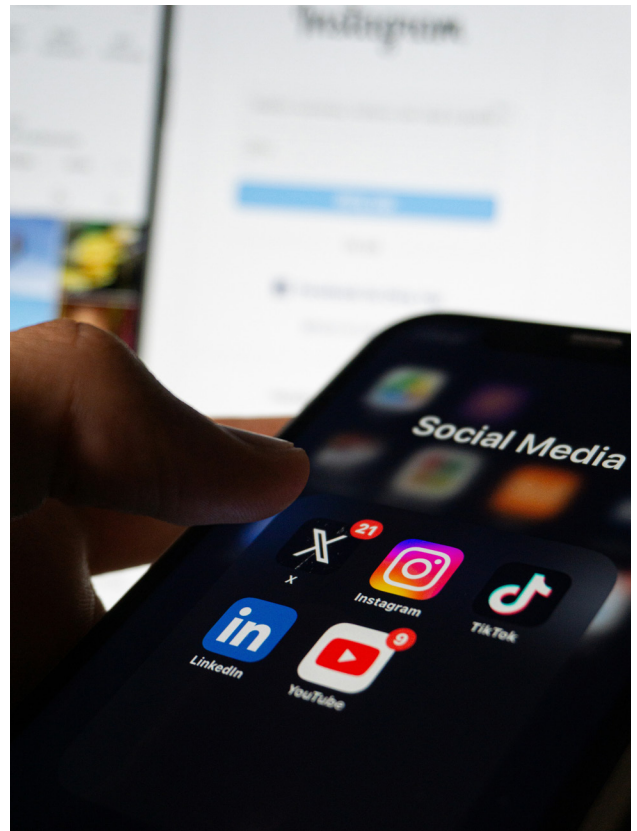
A key focus of this literature review is on the role of artificial intelligence and digital spaces in influencing offline violence, with gang-related conflicts being especially affected by these technological shifts. By analyzing recent studies, this review seeks to highlight the ways social media platforms, AI-driven tools, and online interactions contribute to escalating violence, influencing recruitment, retaliation, and the broader culture of aggression. Understanding these connections is crucial for developing informed prevention and intervention strategies and fostering safer communities.

Social media plays a critical role in amplifying conflicts, facilitating threats, and escalating disputes that often spill into real-world violence. AI-driven technologies further contribute to emerging forms of harm, particularly in cases of image-based sexual abuse and deepfake exploitation, which create severe psychological and social consequences for victims.

Exposure to online violence has lasting effects, contributing to behavioral difficulties, academic struggles, mental health challenges, and increased risk-taking behaviors. The transition from digital aggression to physical violence is especially concerning, as hypervisible online conflicts create pressure for real-life retaliation.

Gang involvement is deeply intertwined with digital interactions, as online platforms have facilitated gang violence by serving as spaces for status reinforcement, intimidation, and retaliation. Online spaces also serve as platforms for recruitment and the normalization of violence, further embedding aggression into youth culture. Additionally, unresolved grief often precedes acts of violence, particularly in gang-affiliated circles where loss and retaliation are common. Without adequate emotional support and coping strategies, trauma can fuel cycles of aggression, leading to further community destabilization.

Online violence prevention and intervention strategies focus on education, healthy relationships, and empowering individuals to address online harassment and abuse. Key initiatives include school-based programs, parental education, media literacy campaigns, and responsible social media usage, all aimed at fostering empathy, accountability, and anti-violence norms. Bystander intervention strategies further equip individuals with tools to report, seek support, and disrupt harmful behaviors, creating safer and more inclusive online environments.



Introduction to Online Violence

Social media has become “a vector for youth violence,” and dramatically changed the landscape for aggressive behavior (Patton, Hong, Ranney, Patel, Kelley, et al., 2014). Perpetrators of in-person violence have increasingly leveraged social media to escalate violent acts. Studies indicate that street gangs use online platforms to provoke conflict (Moule, Pyrooz, & Decker, 2014; Pyrooz, Decker, & Moule, 2015). Similarly, terror organizations employ social media to demonstrate power - sharing videos of executions, torture, and threats - and to recruit individuals into extremist movements (Holt, 2012; Kennedy & Weimann, 2011). Additionally, hate groups utilize digital chatrooms to promote racial violence (Glaser, Dixit, & Green, 2002).

Reduced access to in-person education and community programs during COVID-19 led many youths to rely heavily on digital spaces where cyberbullying, social media-fueled violence, and online victimization remain largely unsupervised (Vaillancourt et al., 2021; Ng, 2022; Cantu & Charak, 2022). Social media platforms play a significant role in the proliferation of youth violence, creating avenues for online aggression to escalate into real-world harm (Kubravi & Kashmir, 2021).

On February 26, 2024, the Government of Canada introduced Bill C-63 to create a new Online Harms Act - a baseline standard for online platforms to keep Canadians safe - to hold online platforms accountable for the content they host (Canadian Heritage, 2025). Bill C-63 would have created stronger protections for kids online and better safeguarded everyone in Canada from online hate (Canadian Heritage, 2025). The bill set out a new vision for safer and more inclusive participation online (Canadian Heritage, 2025). However, the Bill faced criticism due to its potential impact on free speech and over censorship and did not get passed (Canadian Heritage, 2025).

Victimization and perpetration of online violence during adolescence have been linked to severe psychological and behavioral outcomes, including depression, anxiety, self-injury/mutilation, suicidality, aggression, and diminished academic performance (Armitage, 2021). The increasing prevalence of online violence underscores it as a significant public health crisis, especially given its long-term effects on mental and emotional well-being. Social determinants of health (SDOH) and online violence are interconnected, with SDOH like socioeconomic status, gender, and living conditions influencing vulnerability to online violence and its impact. Online violence, in turn, can exacerbate existing health disparities created by SDOH, creating a cycle of harm. Addressing these concerns requires comprehensive strategies that target the underlying social and systemic influences contributing to online violence.

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AI and Sexual Violence

The integration of AI into various sectors - such as healthcare, education, communication, and finance - has revolutionized modern society (Greig, 2021). However, AI can also be exploited for harmful activities, including cybercrimes, cyberstalking, and online bullying (Burrell & Fourcade, 2021). One of the most concerning applications is the use of AI-generated deepfakes for image-based sexual abuse, which raises serious ethical concerns (Okolie, 2023). Deepfakes are digitally altered images or recordings that convincingly misrepresent individuals, often without their consent. While originally prominent in political disinformation, they have increasingly infiltrated the pornography industry, where women's faces are superimposed onto other bodies to create deceptive content that constitutes non-consensual sexual-image abuse (Okolie, 2023; Fido et al., 2022; Li et al., 2019). Unlike traditional forms of sexual violence, deepfake abuse does not involve physical force, but its psychological and social consequences can be just as devastating (Ringrose et al., 2022). Victims frequently experience feelings of humiliation, shame, anger, and violation, leading to social withdrawal and difficulties in forming trusting relationships (Chen & Kapoor, 2024). The widespread circulation of image-based sexual abuse compounds the trauma, exposing victims to harassment and long-term reputational harm. The permanent nature of online content exacerbates these effects, making recovery even more difficult (Chen & Kapoor, 2024).

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Despite the uncertainties surrounding AI technology, one fact remains clear: AI is entirely reliant on human manipulation until fully autonomous systems are developed (Fido et al., 2022; Li et al., 2019). Perpetrators of image-based sexual abuse may range from strangers seeking to bypass consent to intimate partners or family members with complex motives (Karasavva & Forth, 2022). Motivations behind these abuses include sexual pleasure, revenge, bullying, exerting power, sextortion, and injury to social reputation. Additionally, the rise of AI-generated child sexual abuse imagery has sparked global concern, highlighting the need for stronger regulations and clearer legal definitions (UNODC, 2024). In Canada, there is currently no unified framework addressing AI-generated sexual abuse, making enforcement difficult (UNODC, 2024). Policymakers struggle with categorization and detection challenges, which allow misinformation and exploitation to persist unchecked. Addressing the legal and ethical gaps surrounding AI-driven abuse is essential to safeguarding victims and curbing the proliferation of digital harm.

Young people in the focus groups expressed concern about the growing presence of AI generated content online, noting that distinguishing between real and AI-created material is becoming increasingly difficult as the technology advances. They highlighted risks associated with posting personal images, fearing that AI could be used to manipulate photos into sexually explicit content without consent. Additionally, they emphasized that current policies are failing to keep pace with AI's rapid evolution and called for stronger regulations to protect users from potential harm.

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Social Media and Online Violence

Social media has become an integral aspect of youth culture, profoundly shaping interactions and perceptions of violence. Adolescents often view digital platforms as spaces that facilitate both online and offline aggression, with research identifying social media as a powerful vector for amplifying and perpetuating youth violence (Lane, 2018; Patton et al., 2014). Online platforms enable the widespread sharing of violent messages, images, and videos, effectively extending community-based conflicts into digital spaces and reinforcing cycles of aggression within physical communities (Lane, 2018). Certain social media features - such as tagging, status updates, and live video streaming - heighten the visibility of disputes and intensify conflicts, making them more public and susceptible to rapid escalation. The absence of physical cues in digital interactions often contributes to miscommunication and increased hostility, further fueling interpersonal disagreements.

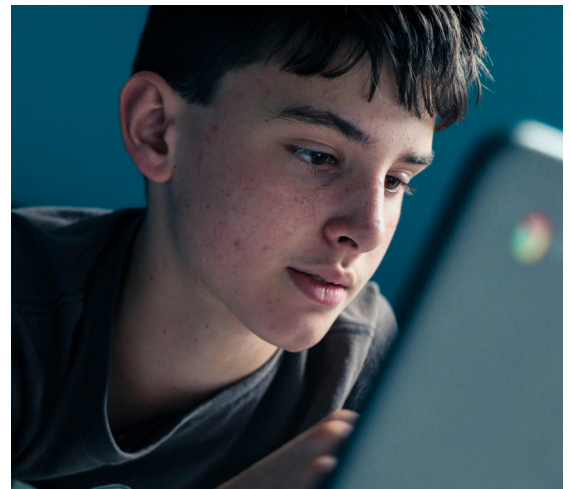
Furthermore, young women face heightened risks, as their presence and engagement online frequently expose them to harassment and coercion. Studies indicate that 70% of adolescents have encountered violent content online, including depictions of fights and gang activity, which can normalize aggression and encourage imitation (Clevenger & Marcum, 2023). Gang activity typically refers to the criminal actions of organized groups, often youth gangs, that engage in violence, intimidation, and other illegal behaviors to gain power, recognition, or control over territory (Public Safety Canada, 2022).

Youth are disproportionately exposed to digital hate speech and violent content, with 71% of Canadians aged 15 to 24 reporting encounters with material inciting hostility (Clevenger & Marcum, 2023). The immediate feedback and social validation inherent in digital interactions can further incentivize violent behavior, reinforcing threats and escalating tensions beyond the online realm. The far-reaching influence of social media in shaping youth violence underscores the urgent need for proactive strategies to mitigate these harmful impacts and promote safer digital engagement.

Youth from the focus groups agreed that social media plays a huge role in amplifying conflict. They discussed how the digital footprint left by users - through comments, reactions, and public exchanges - can intensify disputes, making them more visible and harder to ignore. Many youths perceive online conflict as a source of entertainment, choosing to observe rather than engage, largely out of fear of becoming a target themselves.

“It’s just smart to stay out of it if it’s not your business, if you’re posting something that’s not about him and he’s posting about you, it’s entertaining for me.”

– Focus group participant



“The thing is, you will not feel safe about the fact that it’s online, since you can be held accountable. You can see them in person. And I think it’s forever, right? When something is posted, people might say, oh, I can I delete it, but you don’t know, digital footprint.”

– Focus group participant

For many young people, social media is deeply intertwined with their identity, making online conflict an extension of real-life disputes. Raised in a digital world, their egos are closely tied to their online presence, where validation and attention drive much of their interactions. According to focus group discussions, conflicts often emerge from a desire for recognition, strong personal beliefs, misunderstandings, financial disputes, and drug related incidents. Additionally, violations of privacy, such as unauthorized videos being posted, can spark intense online confrontations. Many youths engage in these conflicts due to a lack of parental supervision and attention at home, using social media as an outlet to gain the validation they may be missing elsewhere. With everything happening online, conflicts escalate quickly, blurring the lines between online arguments and real world consequences.

“Especially in our generation, we all know like we were raised with social media, we were raised online so honestly, I think we get our egos in it, egotistic when it comes online.”

– Focus group participant

Transition from Online to Offline Violence

The increasing interplay between online and offline violence among youth has become a pressing concern. Social media platforms often serve as catalysts for escalating conflicts, where arguments intensify, threats are issued, and harmful content is disseminated, fueling real-world violence (Donato, Eslan-Ziya, & Mangone, 2022). Algorithms further amplify this cycle by promoting violent content, increasing its visibility and impact, and creating an environment in which digital disputes quickly transition into physical confrontations (Clevenger & Markum, 2023). The deep integration of teens’ digital interactions with their offline social circles blurs the boundaries between virtual and physical spaces, making it more likely for online sexual violence and aggression to manifest in real-life encounters (Clevenger & Markum, 2023). This fluidity across platforms allows conflicts to emerge and escalate rapidly, making retaliation easier and contributing to heightened levels of offline violence.

“Some people don’t care. They know the risk, and they just don’t care, right? And they do it because they’re looking for attention.”

– Focus group participant

Furthermore, public displays of disrespect online pressure individuals to defend their social status, often leading to real-world altercations (Elsaesser et al., 2021). The widespread nature of online violence dynamics has also resulted in unpredictable and indiscriminate retaliatory violence, with incidents such as schoolyard assaults becoming direct consequences of social media-fueled aggression (Elsaesser et al., 2021). Addressing these challenges requires a comprehensive understanding of the digital environment’s role in shaping youth behavior and proactive strategies to mitigate the escalation of violence both online and offline.

In the focus group discussions, many young people disregarded the potential consequences of their online actions, feeling confident that they will not face repercussions. The anonymity online and the lack of accountability can facilitate violence, making individuals more likely to escalate conflict beyond digital spaces.

Social Media and Gang Violence

Social media has fundamentally reshaped gang dynamics, serving as a digital battleground where conflicts escalate and violence intensifies. In Canada, authorities have identified 484 youth gangs across the country, highlighting the widespread nature of gang involvement (Urbanik, 2021). Research suggests that when violence erupts between rival gangs, social media interactions frequently act as the initial spark, amplifying disputes that transition into real-world confrontations (Stanford, 2022). Platforms function as modern “virtual street corners,” allowing gang members to showcase dominance, taunt rivals, and stake territorial claims by posting videos of trespassing and property theft—tactics designed to provoke and enhance status (Patton et al., 2014). Beyond displaying power, social media facilitates direct engagement in violent activity, with gang-affiliated users broadcasting threats, issuing challenges, and live-streaming in-person fights to reinforce their presence (Patton et al., 2014). Some online content trivializes homicides or victimization, further normalizing violence within gang culture.

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Other digital tactics, such as “cross-referencing” and “calling rivals’ bluff,” weaponize public exposure by mocking targets or daring them to respond, solidifying social hierarchies through intimidation (Stanford, 2022). Another concerning trend, “catching lacking,” involves confronting rivals in non-gang settings like schools or workplaces, filming the encounter, and distributing it online for humiliation and status reinforcement (Stanford, 2022). These digital behaviors - often categorized as “cyber-banging,” “internet thugging,” or “internet banging” - have made gang conflicts more visible and entrenched, amplifying cycles of violence beyond physical communities.

Ethnographic research in Toronto’s Regent Park illustrates how social media has altered gang norms, increasing pressure on members to engage in online aggression even when they previously avoided collective violence (Urbanik, 2021). While traditional gang structures once allowed “hustlers” to distance themselves from direct conflict, social media has eroded those distinctions, forcing participation in digital posturing that carries real-world risks (Urbanik, 2021).

While many young people in the focus groups were unfamiliar with the term “netbanging,” they had seen peers engaging in similar behavior - acting tough online in ways they might not in person. Social media provides a shield, allowing individuals to project an image of strength or intimidation without immediate consequences. However, the anonymity of the digital space does not eliminate real-world repercussions. Youths acknowledged that if online posturing crosses a certain line, conflicts can quickly escalate beyond the screen, leading to confrontations in real life. This digital bravado creates a dangerous cycle where gang-related tensions, threats, and challenges online can translate into violent encounters offline.

Risk and Protective Factors

Risk factors are variables that increase the likelihood of online violence, whereas protective factors are variables that reduce the likelihood of online violence by interrupting risk processes (World Health Organization, 2024).

The following tables highlight the risk and protective factors associated with online violence:

Risk Factors for Online Violence	
Individual	Access to social media; Experiencing negative life events and childhood trauma; displaying early problem behaviours (e.g., reactivity, aggression, impulsivity) and behavioral disorders such as anti-social personality disorder (ASPD), conduct disorder, and attention deficit hyperactivity disorder (ADHD); early exposure to drugs and alcohol; academic challenges; previous delinquent activity; gang affiliation; involvement in justice system; unemployment; exposure to violence within the family.
Social	Poor parental supervision; inconsistent discipline; weak family attachments; unstable family dynamics; parental substance abuse,

*Sources: World Health Organization, 2024; Public Safety, 2017; Peterson & Morgan, 2014

Protective Factors for Online Violence	
Individual	Good social skills; positive coping skills; resilient temperament; good decision-making skills; sense of self-efficacy; high self-esteem; positive values and attitudes.
Social	Interactions with prosocial peers; involvement in prosocial activities; positive peer group; positive social connections; peer support.
School	Academic achievement; educational aspirations; sense of accomplishment and respect for education; strong school commitment and bonding to school; involvement in extracurriculars; positive relationships with adults in a school setting.
Family	Connectedness to family; building strong family bonds; family support; family cohesiveness; ability of parents and/or extended family members to spend time with youth; strong parental involvement; intensive supervision and monitoring; emotionally positive parent-child relationship (e.g., warm, accepting, supportive).
Community	Living in a safe neighbourhood (e.g., low crime rate, high socioeconomic status); social cohesion among neighbours; trust among neighbours. Opportunities to engage in community through youth programs and extracurricular activities.

*Sources: Krohn et al., 2014; McDaniel, 2012; O'Brien et al., 2013; Rossiter & Rossiter, 2009; Shaffer, 2014

Impact of Online Violence

Early involvement in online violence disrupts childhood development, leading to behavioral issues and academic struggles (Public Safety, 2019). Additionally, studies have linked both online perpetration and victimization to increased risks of depression, highlighting the deep emotional toll of violence in digital spaces (Garaigordobil & Larrain, 2020).

Long-term physical health risks associated with online violence include chronic diseases, reproductive health complications, and sleep disorders (Public Safety, 2019). Victims are also more likely to engage in risky behaviors such as substance abuse, self-harm, and unsafe sexual practices, which can contribute to teenage parenthood (Kerig, Chaplo, Bennett, & Modrowski, 2016; Laurier & Guay, 2016). Research indicates that childhood cybervictimization correlates with higher alcohol use in early adulthood, further demonstrating the lasting impact of early exposure to violence (Li et al., 2019).

On a broader scale, online violence contributes to lower educational attainment, unemployment, and social isolation, diminishing prospects for long-term stability (Public Safety, 2019). It also heightens the likelihood of in-person violence, both as victimization and perpetration, creating cycles of harm that affect relationships and mental health.

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Wise Practices for Prevention and Intervention

Online violence prevention and intervention strategies involve a multifaceted approach that includes education, promoting healthy relationships, and empowering individuals to intervene when they witness or experience online abuse (World Health Organization, 2022). These strategies aim to reduce the prevalence of cyberbullying, online harassment, and other forms of online violence. School-based programs and parental education play a crucial role in equipping young people and families with the knowledge to navigate online spaces safely, while media literacy initiatives and awareness campaigns help individuals critically assess harmful content and understand the consequences of online abuse (World Health Organization, 2022). Promoting responsible social media usage, encouraging empathy, and strengthening anti-violence social norms further reinforce a culture of respect and accountability (World Health Organization, 2022). Additionally, bystander intervention strategies empower individuals to take action by providing them with tools for reporting, seeking support, and interrupting harmful behaviors, ensuring that online environments remain safe and inclusive for all users (World Health Organization, 2022).

In the focus group discussions, youth recognized the importance of self-regulation in mitigating online conflicts. Many believe that addressing disputes individually by blocking harmful users, rejecting unwanted connections, and removing themselves from toxic digital spaces is the most effective strategy. Youth emphasized that engaging with negativity only fuels online violence, reinforcing the need to disengage rather than escalate tensions.

However, they also acknowledged the limitations of external policies, which struggle to keep pace with the rapid development of social media. These challenges are further compounded by jurisdictional constraints, as many social media platforms are American owned, making it difficult for local or national governments to regulate content effectively. Addressing online violence often requires coordination across multiple levels of government, each with varying degrees of authority and capacity. In the absence of comprehensive regulations, personal responsibility remains a crucial protective factor, empowering youth to navigate social media safely and minimize their exposure to online conflict.

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“I think it evolves too fast sometimes, like we have laws get passed, it takes so long to pass a law to put something in place. I think the platform’s too big for the law to control it.”

– Focus group participant

Recommendations for Parents and Caregivers

Interestingly, the focus group participants noted that adult involvement in conflicts often worsens the situation. Rather than resolving disputes, it can escalate tensions or push conflicts into more discreet platforms where oversight is minimal. Youth also fear telling an adult and being labeled as a “snitch” by their peers and facing more violence for reporting it. So what can parents and caregivers do to help keep youth safe online?

“When schools and adults get involved, it makes things worse. When the schools get involved, and they’re calling all these people, it’s making this problem worse. So, it’s only some people, so there could be like five people doing it, and two of them get suspended.” – Focus group participant

Parents and caregivers play a crucial role in keeping youth safe online, even when direct intervention in conflicts may not always be effective. Open and ongoing conversations about online risks can help youth feel supported without fear of judgment. Encouraging them to set healthy boundaries, such as limiting interactions with harmful individuals and avoiding toxic digital spaces, can reduce exposure to online conflict without direct adult involvement.

Additionally, parents can implement household technology rules, such as monitoring screen time and discussing responsible social media use. Providing guidance on privacy settings, blocking features, and reporting mechanisms empowers youth to navigate online spaces safely. Since policies often struggle to keep up with the rapid evolution of social media, fostering digital and critical thinking skills can help youth recognize and avoid dangerous situations.

The Roles of Recreation and Community Programs

Recreation and community programs play a vital role in preventing online violence by offering positive and structured in-person alternatives to harmful digital environments.

Research by Berdychevsky, Stodolska, and Shinew (2019) examined the effectiveness of recreational initiatives through interviews with former gang members and professionals working in gang intervention. Their findings emphasized key program qualities - such as appeal, affordability, collaboration, persistence, structured oversight, mentorship, and targeted engagement - that enhance prevention and rehabilitation efforts. Programs incorporating these elements provide substantial benefits, including exposure to positive role models, opportunities to build constructive relationships, development of life skills, and safe spaces that divert youth away from online violence.

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– Focus group participant



“Some parents can help with monitoring. Parents or caregivers can help with monitoring the kids, and maybe, like, if they see something that could be online violence and the kid doesn’t see it, they can help prevent them from getting involved.”

– Focus group participant

Furthermore, engagement in community programs can foster a shift in perspective, enabling young individuals to envision healthier paths forward. These insights affirm recreation as an essential component of a multifaceted strategy to combat involvement in online violence. Schools and communities must prioritize accessible, engaging outlets, such as sports, arts, and structured activities, to bring youth together in supportive in-person environments (Elsaesser et al., 2021). Integrating recreational initiatives into broader intervention frameworks ensures that young people receive the guidance and resources necessary to thrive, reducing the appeal of online violence perpetration.

The Role of Mentorship

Mentorship plays a crucial role in gang violence prevention, both online and in-person, offering young people a structured support system that fosters resilience, emotional well-being, and positive decision-making. Research suggests that many youths are drawn to gangs because they provide protection, care, identity, and a sense of belonging - roles traditionally fulfilled by family structures (Chalas & Grekul, 2017). When primary caregiver attachments are insecure or absent, youth may struggle with emotional regulation, leading to behavioral difficulties and diminished trust in their communities, which increases the likelihood of gang involvement (Parrigon et al., 2015). While gang membership can serve as an attachment substitute, these relationships lack the unconditional support necessary for healthy development, often reinforcing attachment trauma rather than alleviating it (Neufeld & Maté, 2013). Consequently, gangs become spaces of social inclusion for youth who feel marginalized (Ainsworth, 1989; Bowlby, 1988; De Vito, 2020).

Another key factor is addressing grief and loss, as painful emotions often precede expressions of aggression on social media. The hyper-visible, highly connected nature of digital platforms can escalate these emotions into violent retaliatory behaviors, particularly among young people who lack coping mechanisms to process loss effectively (Elsaesser et al., 2021). Integrating grief-sensitive training into violence prevention efforts helps youth develop social-emotional skills to navigate these experiences in healthier ways. Many gang-affiliated individuals use social media to express sorrow following the death of loved ones, but unresolved grief can quickly fuel aggression when proper support systems are absent (Elsaesser et al., 2021). With social media amplifying these emotional responses, proactive strategies that equip youth with emotional resilience, mentorship, and structured guidance are essential to interrupt cycles of violence.

Many gang-affiliated individuals use social media to express sorrow following the death of loved ones, but unresolved grief can quickly fuel aggression when proper support systems are absent.



“Behind threats is grief, mourning and anguish at the loss of loved ones.”

– Elsaesser et al., 2021

Discussion and Conclusion

Online violence continues to evolve, shaped by emerging trends in social media and the rapid development of AI technologies. The transition from digital disputes to real-world violence, especially within gang dynamics, illustrates the significant role social media plays in amplifying violence. AI further complicates this landscape by introducing new forms of harm, such as deepfake-fueled image-based sexual abuse, reinforcing concerns over digital manipulation and exploitation.

By integrating education, media literacy, and social norm shifts, these strategies collectively foster a safer digital environment. School-based initiatives, parental involvement, and awareness campaigns equip individuals with the knowledge and skills to recognize and counteract online abuse. Additionally, bystander intervention strategies empower users to take action, reinforcing a culture of accountability. The conclusion underscores that ongoing collaboration among educators, families, policymakers, and digital platforms is crucial to maintaining safe and inclusive online spaces, ensuring that prevention and intervention efforts remain effective and adaptive to emerging challenges.

Furthermore, mentorship programs provide crucial guidance, ensuring youth develop healthy attachments and constructive coping mechanisms rather than seeking protection or belonging within gangs. Recreation and community programs serve as safe spaces, diverting young people from violence and fostering positive social bonds.

Building safer communities requires multi-sector collaboration, incorporating education, employment opportunities, and digital literacy efforts to counteract the harmful effects of online violence. Addressing the intersection of AI, social media, and youth violence will be pivotal in shaping future prevention efforts. By strengthening support systems and opportunities for youth to engage, communities can create pathways for youth to thrive and feel empowered, supported, and hopeful for their futures.



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