

## **Social media and abuse**

Paola Cardenas and Kristín Birna Björnsdóttir

Social media abuse directed at children and teenagers has increased over the past few years. Different manifestations of this kind of abuse exist; for instance, emotional abuse, grooming, sexting, sexual abuse, and sexual exploitation. In Barnahus Iceland, we have been aware of the negative consequences that this type of abuse can have on the mental well-being of children and their families. This presentation will provide an overview of the different forms of online abuse seen at Barnahus Iceland and discuss how victims are impacted. The session will end with a discussion on how to effectively work, through trauma-focused psychological therapy and other treatment modalities, with these children and their families.