

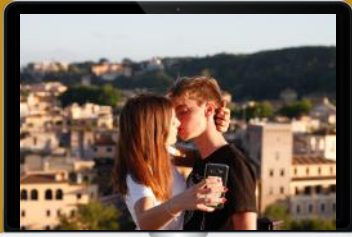


Precursors  
of youth's sexual  
and romantic  
relationships

*Presaj*  
Study

# Romantic relationships in the digital age

Amongst secondary 4 (10th grade) adolescents of the PRESAJ study currently in a couple (26.2%)



**99%** use texting or social media to communicate with their boyfriend/girlfriend/date  
**AND**

**18.8%** met their boyfriend/girlfriend/date online.

Over the course of a typical month, adolescents...

See their boyfriend/girlfriend/date in person and outside of school:

Every day: 24.2%  
Every week: 57.7%  
Every month: 12.9%  
Never: 5.3%

Communicate by text or social media with their boyfriend/girlfriend/date:

Every day: 90.3%  
Every week: 8.6%  
Every month: 0.7%  
Never: 0.2%

Types of activities practiced with their boyfriend/girlfriend/date:

Two-person activities at home: 19.8%  
Two-person outings: 18.6%  
See friends: 14.6%  
Activities via Facetime, Messenger, etc.: 11.2%

During electronic exchanges, they may...

Talk about their day, friends: 30.8%  
Talk about music, films, series: 20.9%  
Flirt: 17.1%  
Talk about their sexuality: 15.7%  
Put on sexy underwear: 8.8%  
Have "phone sex": 5.4%  
Watch pornography: 1.0%

The data from this infographic comes from the second phase of the study on youth's sexual and romantic relationships (PRESAJ) carried out in Quebec in 2019-2020 with 1620 adolescents in secondary four (10th grade). This study is led by Sophie Bergeron, Ph.D. from the Université de Montréal and Jacinthe Dion, Ph.D. from the Université du Québec à Chicoutimi, and it is funded by the Canadian Institutes of Health Research (CIHR).

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To learn more: [www.sophiebergeron.ca](http://www.sophiebergeron.ca)



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