



FOR IMMEDIATE RELEASE

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The Retreat Invites Parents and Professionals to Free Youth-Led Webinar on Teen Safety in Digital Spaces

Tuesday, June 2 at 6:00 PM EST | Free via Zoom

EAST HAMPTON, NY — [May 22, 2026] — The Retreat is hosting a free, youth-led webinar on Tuesday, June 2, 2026 at 6:00 PM EST, giving parents, guardians, and youth-serving professionals a rare inside look at the digital world teens are navigating every day. Facilitated by members of The Retreat's Teen Leadership Council Executive Committee, the webinar will cover emerging online trends, peer relationships, and practical strategies adults can use to better support young people.

One topic at the center of the conversation is the normalization of online relationships. Youth relationships are starting and continuing online in direct messages, with in person conversations happening less and less frequently. Teen Leadership Council members will share how apps like Snapchat use tools like 'Quick Add' to encourage users to interact with people who they may or may not know. Teens will share specific language that is used to prompt teens to share pictures and evaluate one another before continuing the conversation.

"Teens are the first to recognize emerging online trends and know firsthand the ways in which social media and the digital world impact mental health and relationships," said Courtney Hyland, Associate Director of Prevention Education at The Retreat. "We work with teens as partners to learn about what they're experiencing in their online world. Creating space for youth voices to be amplified is something that is very important to us at The Retreat. We want to empower students to share their experiences so we know how to better support them and promote healthier communities."

Participants will leave with tools and knowledge to:

- Recognize how teens are forming relationships online
- Identify digital red flags related to AI, grooming tactics, and online manipulation



- Support healthy boundaries and online decision-making while strengthening communication and trust

“This student-led webinar gives teens the opportunity to share their perspectives on what’s most relevant online to them today. Their insight is incredibly valuable for parents, educators, and other adults working to support young people in a rapidly changing world,” said Ms. Hyland.

The Retreat’s Teen Leadership Council is a dedicated group of high school students working to prevent abuse and promote respect in their communities. They will be sharing their real experiences navigating social media, online pressure, and relationships (online and off) in ways adults often do not fully see. Participants will be getting a behind-the-scenes perspective on emerging trends, language, and helpful tips on how to best support teens online and in their relationships.

DETAILS

Date & Time: Tuesday, June 2, 2026 at 6:00 PM EST

Location: Online via Zoom

Cost: Free of Charge

Who Should Attend: Parents, guardians, caregivers of middle and high school students, and youth-serving professionals

Register: https://zoom.us/webinar/register/WN_F81EKcQiTxCoXj1hjtH_RA#/registration

To see the latest news coverage, press releases and updates highlighting The Retreat’s programs, events and community impact, please visit <https://allagainstabuse.org/about-us/newsroom/2/>

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About the Retreat: The Retreat is a 501(c)(3) nonprofit serving all of Long Island. The Retreat creates safety, healing and hope for those affected by domestic violence, sexual assault, and human trafficking, while working every day to prevent and break the cycle of violence. If you or someone you know needs help, call The Retreat’s 24-hour hotline at (631) 329-2200. For more information, visit allagainstabuse.org or follow @allagainstabuse on Instagram and Facebook.