



IS YOUR FRIEND BEING ATTACKED ONLINE?

TALK TO THEM

- Are they OK?
- What do they want to do?
- When?
- What **don't** they want to do?

HOW CAN YOU HELP?

- Listen without judgment.
- Screenshot and take notes about the attacks.
- Help her decide what action to take.
- Report the abuse.
- Follow the attacker's trail.
- Create a support group for your friend.
- Manage the targeted account for her.
- Send public and/or private messages of support.



Accompany your friend and confront online gender-based violence with small steps that help her feel safe again.

WHAT IS HAPPENING?

Together, identify the elements of the attack:

- Hacking
- Distorted images or videos
- False profiles
- Insults or verbal attack
- Dissemination of intimate photos
- Defamation
- Harassment
- Threats
- Extortion
- Censorship



Remind your friend that it is not her fault and she is not alone.

EXPLORE TOGETHER!

She might find solutions through:

- Social networks
- Digital security measures
- A group response
- Telling family or friends
- Reporting to authorities or platforms
- Drawing public attention to the violence



Have a discussion about what she needs and what could result from the strategies you are exploring.

RECORD THE ATTACKS

- Take screenshots of the messages, images and profile information of the attacker. The evidence may disappear very quickly!
- Keep your notes and images safe.
- If your friend keeps you updated on what is happening, you can help by keeping a log.

You can help by keeping a record of the attacks, especially if they are public and many attackers are involved.

ACCOMPANY HER

- To make sure you don't lose touch with her, communicate through a safe or new account that is not under attack.
- If it makes her feel safer, your friend can share geolocation with you to accompany her remotely while in transit.



INCREASE DIGITAL SAFETY

- Together, check the privacy of your friend's networks.
- Go through follower or friends lists. Are there possible accomplices sharing info with the attacker? She might want to hide her friends lists from public view.
- To better protect her accounts, she can activate two-step verification.
- She should review and close account sessions on devices that she does not recognise.



REPORT

- Social networks have different ways of reporting abuse.
- Sometimes you must make the report from the profile of the person who is being attacked.
- Look for the correct forms and recommendations to report and remember to give context.

INVESTIGATE!

- Search for your friend online and check what data, photos or videos are published about her. Is there anything she wants to remove? Does she want to change her privacy settings?
- Search the internet for more information about the attacker/s.



Make sure not to leave a trail: log out of your accounts.

RESPOND TOGETHER

- Create something! Write a blog or make a video about what is happening.
- If you are planning a campaign to make the attacks visible, increase your own security.

Take precautions because if you publicise the attacker, the social network could take action against you or you could be accused of defamation. Preserve evidence!

BLOCK

- Blocking prevents the attacker from seeing your friend's profile and sending more messages or friend requests.
- Some people prefer not to block to be able to keep an eye on the attacker.
- If your friend decides not to block, they may still want to increase their account privacy.

IGNORE IT!

- Often, attackers are trying to get a reaction; what if your friend doesn't give them one?
- Some women choose to show off how much they enjoy life, ignoring the attack completely.



REMEMBER

- Your friend may feel afraid, uncertain, misunderstood... Support them!
- There are no correct answers.
- Don't judge her or her decisions.



Do you have other friends who have faced a similar situation? Check in with them!