

## DOES THIS HAPPEN TO YOU?

- Does someone send you spam messages?
- Has anyone published your private conversations, your photos or videos? Is he threatening you with their publication?
- Is someone sending you vulgar texts or recordings? Are you being threatened?
- Has someone created a fake profile on your behalf on social networks?
- Is someone spreading false, offensive or humiliating information about you?
- Has someone created a hate group about you on social networks?
- Is someone humiliating and insulting you because you are woman?

If you answered YES to any of the above questions, then you are very likely the victim of digital violence. Such behavior is inadmissible and prohibited without exception. You are not to blame for it but solely the one who causes it!

## HOW TO (RE)ACT?

- Do not respond to the hateful and offensive messages. Block the person who sends them!
- Are you being blackmailed? Tell a grownup!
- Save conflicting messages or take pictures of the chat. Keep evidence!
- Tell parents, teachers, school counselor or social worker. If it's about threatening acts, report them!
- Do not be a silent witness and do not participate in the maltreatment of others! How would you feel if it happened to you? Maybe you can help the victim gather courage and talk about the abuse with an adult.

## IT IS IMPORTANT TO KNOW:

- Digital violence is prohibited.
- You have the right to the safe use of Internet!
- Violence is the responsibility of the person who causes it!
- If it happens to you, do not remain silent – tell trustworthy adults and find help.
- Do not support those who instigate digital violence.
- Think before you post or share photos or videos.
- Do you always know the person on the other side?
- Though rarely, digital sexual violence can also happen to boys and men.
- Don't do something on the web that you don't want to happen to you!



Digital violence  
can happen to  
you as well!



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## Some forms of digital violence:

### **DIGITAL STALKING:**

someone infringes on your privacy, spies on you and tries to initiate contact against your will or publishes information that frightens you. Because of this you experience fear, you no longer feel safe and have panic attacks.

### **DIGITAL SEXUAL HARASMENT:**

are comments, videos or photos that insult you, because you are a woman, they degrade your appearance and sexual life, they contain pornographic messages and threats of rape. Sexist slurs (slut, cunt, whore, bitch ...) and an offensive language are often used.

### **DIGITAL SEXUAL ABUSE:**

it comes mostly in the form of revenge pornography, when someone (usually an ex-boyfriend) posts your intimate photos on the web without your consent. Mostly for the purpose of humiliating you or to force you to stay with him.

### **DIGITAL BULLYING:**

the publishing of offensive and frightening posts, spreading gossip, editing your pictures, creating false profiles, posting comments in your name ... it encompasses many different actions that aim to cause you fear and destroy your self-esteem and reputation.

### **FALSE IDENTITIES:**

behind the image of a cute boy your age, a much older man can hide, who wants to lure you into a sexual relationship. He flatters you, tells you he likes you, and that you're mature for your age, all under the pretense to get you to agree to meet him in person, when he would take advantage of your trust.

