



RESPONDING TO HARASSMENT ON SOCIAL MEDIA

Remember to centre the voices and experiences of the people who are directly targeted with online harassment.



Report the post/comment to the social media platform.

UNFOLLOW the person.

Message "That's a bit full on."

LIKE a supportive comment.

Post a comment that challenges sexist attitudes in general.

You can respond to online harassment - 'everyday sexism' and more aggressive harassment. Do whatever feels comfortable for you - even small actions can make a BIG difference.

Comment "Am I the only one who feels uncomfortable about this?"

Comment agreement with another comment on the post that challenges sexism.

Make a **deflecting comment** e.g. "did someone hack your account?"

Comment: "This post is really sexist!"

Take **screenshots** to use later if needed.

Like a comment that challenges the sexist attitude.

Post a feminist meme/link in the comments.

Comment "Wow too far! I think we can all agree, we wouldn't like a comment like this to be made about someone we care about? True?"

Take a break from accounts that make you uncomfortable.

Comment or message some of these facts & figures from **Our Watch about violence against women in Australia** reinforce why it's harmful.

Comment "This is pretty full on."

Message or comment "I don't think this is ok."

Comment "I'm pretty upset by this."

SHARE
Like and share other people who challenge sexism.

Message or comment "I think you should delete this post."

Comment "Wow, I thought sexism was a thing of the past? surely, we're all better than posting stuff like this about women?"

Remember to look after yourself and take breaks when you need it.

IF YOU KNOW THE PERSON, message them to explain why you're **unfollowing** them or why they should take the post down.

Comment "Anyone else think this is **not ok**?"

IF YOU START TO BE TARGETED - you can use some of these suggestions above. And you can report serious cyber and image-based abuse to the Office of the eSafety Commissioner.