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.

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.

RECORD THE ATTACKS
- 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.

ACCOUNT SECURITY
- 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!

For more information visit https://takebackthetech.net/heyfriend