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.

Post a comment that challenges sexist attitudes in general.

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

Comment: “This post is really sexist!”

Post a feminist meme/link in the comments.

Comment “This is pretty full on.”

Share

Like and share other people who challenge sexism.

Message or comment “I don’t think this is ok.”

Message or comment “I think you should delete this post.”

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

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.

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.

Take screenshots to use later if needed.

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?”

Comment “I’m pretty upset by this.”

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

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

Like a comment that challenges the sexist attitude.

Like a supportive comment.

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

Make a deflecting comment e.g. “did someone hack your account?”

Comment or message “That’s a bit full on.”

Comment “Anyone else think this is not ok?”

Comment “I’m pretty upset by this.”

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

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.

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