

8 tips on how to report harassment on social media

#1



Identify the abuse

What kind of online abuse are you suffering from?

[PEN America](#) collected a glossary of terms on online abuse. You can also check [Trollsbuster's useful infographics](#) on this issue.

#2



Document the abuse

Document everything (when, how many times, who), take screenshots and make notes. If the harassment is criminal in nature, consider reporting it to the authorities.

#3



Protect yourself

On Facebook, unfriend, block and report the person. On Twitter unfollow, block and report the Tweet by clicking on the "more options" icon on each Tweet.

Change your Twitter settings so you just see what you want and avoid as much as possible "low quality" interactions. On Instagram, make your account private, block unwelcomed followers, [prevent third party apps from getting your data](#)

#4



Speak out and get support

Contact your union, tell your friends, family, colleagues; if work-related, let your employer know, they can provide mental health care or legal counsel (share your documents, explain the impact on your life, use the [DART Center resources](#) to qualify your psychism, be specific about what you are asking for).

#5



Assess your personal safety

Is there a personal connection to the abuse? Are there direct and specific threats? What do your harassers know about you (e.g. address)?

#6



Strengthen your cybersecurity

Change passwords, adopt protective software, find out what data about you exists online, use VPN to protect your location. Find more about [security tips by journalism.co.uk](#) here.

#7



Demand action from the government

Write to your federal/state elected representatives, demanding tougher regulations that force social media companies like Facebook and Twitter to act quickly to remove bullying and harassing content from their online platforms.

#8



Demand action from social media moguls

Message Facebook/Instagram CEO [Mark Zuckerberg on Facebook](#), demanding his company do better at protecting women from online bullying and sexual harassment. [Tag Twitter CEO Jack Dorsey @jack](#) or send him a DM, demanding his company do better at protecting women from online bullying and sexual harassment.