

# RESOURCES ON CYBER-STALKING & HARRASSMENT

# INCLUDING INTIMATE PARTNER ABUSE AND "REVENGE PORN," AND STRATEGIES FOR ONLINE SAFETY AND PRIVACY

A SHORT AND NON-COMPREHENSIVE LIST PREPARED BY LAUREN LOCKWOOD  
FROM THE EMPOWER CENTER OF THE CLAREMONT COLLEGES | SPRING 2019

**TECHSAFETY.ORG** (THE "RESOURCES" TAB IS SUPER HELPFUL) TECH SAFETY IS A BLOG EXPLORING TECHNOLOGY IN THE CONTEXT OF INTIMATE PARTNER VIOLENCE, SEXUAL ASSAULT, AND VIOLENCE AGAINST WOMEN, PUBLISHED BY THE NATIONAL NETWORK TO END DOMESTIC VIOLENCE.

## **EQUALITYLABS.ORG/INTERNET-FREEDOM-AND-DIGITAL-SECURITY**

EQUALITY LABS IS A SOUTH ASIAN COMMUNITY TECHNOLOGY ORGANIZATION DEDICATED TO ENDING CASTE APARTHEID, GENDER-BASED VIOLENCE, ISLAMOPHOBIA, AND RELIGIOUS INTOLERANCE.

## **ONLINESAFETY.FEMINISTFREQUENCY.COM/EN** FROM THE FEMINIST FREQUENCY

"ABOUT US" PAGE: "FEMINIST FREQUENCY IS A NOT-FOR-PROFIT EDUCATIONAL ORGANIZATION THAT ANALYZES MODERN MEDIA'S RELATIONSHIP TO SOCIETAL ISSUES SUCH AS GENDER, RACE, AND SEXUALITY... [FEMINIST FREQUENCY] STRONGLY ADVOCATE[S] FOR THE JUST TREATMENT OF ALL PEOPLE ONLINE AND BELIEVE[S] THAT MEDIA IS AN ESSENTIAL TOOL FOR ERADICATING INJUSTICE. THROUGH CONSCIOUSNESS-RAISING AROUND ISSUES LIKE ONLINE HARASSMENT, [FEMINIST FREQUENCY] HOPE[S] TO CULTIVATE NEW MEDIA LITERACIES THAT WILL MAKE US ALL MORE RESPONSIBLE MEDIA USERS IN A JUST AND MORE EQUITABLE VIRTUAL WORLD."

**WIRED.COM/2017/12/DIGITAL-SECURITY-GUIDE** WIRED IS A NATIONAL MAGAZINE, DIGITAL EDITION, AND WEBSITE FOCUSING ON TECHNOLOGY AS IT INTERSECTS WITH CULTURE, BUSINESS, SCIENCE, AND DESIGN. [WIRED.COM/STORY/WHAT-DO-TO-IF-YOU-ARE-BEING-DOXED]

**LOVEISRESPECT.ORG/IS-THIS-ABUSE** FROM THIS PAGE: "LOVEISRESPECT IS THE ULTIMATE RESOURCE TO EMPOWER YOUTH TO PREVENT AND END DATING ABUSE. IT IS A PROJECT OF THE NATIONAL DOMESTIC VIOLENCE HOTLINE."

**CYBERCIVILRIGHTS.ORG/FAQS-USVICTIMS** A RESOURCE FOR INDIVIDUALS TARGETED BY "REVENGE PORN" (NON-CONSENSUAL SENSITIVE IMAGE- OR VIDEO SHARING) FROM THE CYBER CIVIL RIGHTS INITIATIVE "ABOUT US" PAGE: "CCRI'S MISSION [IS] TO FIGHT NONCONSENSUAL PORNOGRAPHY AND OTHER FORMS OF ONLINE ABUSE BY: PROVIDING VICTIMS WITH SUPPORT AND REFERRAL SERVICES; ADVOCATING FOR LEGISLATION TO ADDRESS SUCH ABUSE; COLLABORATING WITH THE TECH INDUSTRY TO DEVELOP DESIGN-BASED SOLUTIONS; AND EDUCATING THE COURTS, LAWMAKERS, LAW ENFORCEMENT, AND THE GENERAL PUBLIC ABOUT THE NATURE AND PREVALENCE OF ONLINE ABUSE."

**IHEARTMOB.ORG/ABOUT** A COMMUNITY-BASED RESOURCE FOR ASSISTANCE AND SUPPORT WHEN EXPERIENCING ONLINE HARASSMENT OR DOXING | FROM THIS PAGE: "HEARTMOB IS A PROJECT OF HOLLABACK!, A NON-PROFIT ORGANIZATION POWERED BY A GLOBAL NETWORK OF LOCAL ACTIVISTS WHO ARE DEDICATED TO ENDING HARASSMENT IN PUBLIC SPACES... THROUGH HEARTMOB, PEOPLE CAN ASK FOR EXACTLY THE KIND OF SUPPORT THEY NEED, WHEN THEY NEED IT. OUR GOAL IS TO REDUCE TRAUMA FOR PEOPLE BEING HARASSED ONLINE BY GIVING THEM THE IMMEDIATE SUPPORT THEY NEED -- AND IN DOING THAT WORK, CREATE AN ARMY OF GOOD SO POWERFUL THAT IT CAN DISRUPT AND ULTIMATELY TRANSFORM THE HEARTS AND MINDS OF THOSE PERPETUATING ONLINE HARASSMENT. HEARTMOB LAUNCHED AS A PILOT IN JANUARY 2016, FOLLOWING IN-DEPTH INTERVIEWS WITH 30+ SURVIVORS OF ONLINE HARASSMENT, AND EXTENSIVE PROTOTYPING AND TESTING WITH THOSE MOST IMPACTED BY ONLINE HARASSMENT."



# PROTECTING YOURSELF FROM ONLINE HARASSMENT & DOXING

RECOGNIZE THAT THIS IS A  
TRAUMATIC EXPERIENCE AND  
THAT COUNSELING OR THERAPY  
MAY BE APPROPRIATE

PRIORITIZE YOUR MENTAL HEALTH,  
SELF-CARE AND WELLNESS

IF YOU ARE HARASSED ON SOCIAL  
MEDIA, TURN OFF MOBILE NOTIFICATIONS.  
ASK A TRUSTED FRIEND TO READ  
YOUR EMAILS, DMS, TWITTER  
MENTIONS, COMMENTS, ETC. AND  
LET YOU KNOW IF THEY SEE ANYTHING  
THAT REQUIRES YOUR ATTENTION

IF YOU ARE CONCERNED ABOUT SWATTING,  
CALL CAMPUS SAFETY AND PROACTIVELY  
EXPLAIN THE SITUATION. THEY HAVE  
PROCEDURES IN PLACE TO DEAL WITH  
THREATS

ENGAGE STRATEGICALLY. IF PEOPLE  
BEGIN TO CONTACT YOU ABOUT YOUR  
WORK, YOU MAY CHOOSE NOT TO ENGAGE  
WITH ANYONE, OR TO ENGAGE ONLY  
WITH SELECT INDIVIDUALS

IF YOUR EXPERIENCES BECOME TOO  
DIFFICULT, GIVE YOURSELF PERMISSION  
TO MOVE ON AND ASK FOR HELP

## NEED SUPPORT?

MONSOUR

909.621.8202

CAMPUS  
SAFETY

909.607.2000

DEAN OF  
STUDENTS

909.621.8241

DEAN OF  
FACULTY

909.621.8217

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