



onlinesos.org

Mob Harassment

Do it Now

- **Secure your physical safety**
 - *Consider:* Call 911, move location if you feel unsafe, tell a friend
 - Turn off location sharing and tracking if concerned about stalking
 - **Consider telling someone you trust for help**
 - **Review and adjust privacy & security settings** if harassed via social media
 - *Options:* Block, filter, mute and/or turn off notifications
-

Next, choose what to do

- Identify key online accounts for digital security precautions**
 - Basic steps: List accounts (email, social, financial, shopping) and confirm passwords
 - Then, set up two-factor authentication, unique passwords and password manager
- Conduct a threat assessment**
 - **Tip:** Talk through what's happening with someone or aloud
- Choose if, and how, to respond** (to perpetrators and/or publicly)
- Reach out to your communities—online, in person—for help**
- Consider turning off social media notifications**

Also, consider these steps

- Find and document post(s) that incited harassment and one that concerns you most**
 - **Tip:** Have a trusted party help you with this
 - Decide how to monitor online communication about you**
 - Report incident to platform**
 - Decide how to manage your social media**
 - **Tip:** Consider taking a break, having a friend manage, etc.
-

Consider

- **Review info/photos stored on dormant or alias accounts**
- **If harassment is related to something you've produced for work**, communicate with your employer