



COMBATING ONLINE HARASSMENT

STRATEGIES CREATED BY WOMXN FOR WOMXN

Recommendations drawn from online harassment survey of over 100 U.S. womxn journalists
Follow QR code for more information on WA state harassment laws and additional resources



PROFESSIONAL STRATEGIES

Get in the Know. Familiarize yourself with your organization's policies regarding online comments and social media.

Talk to your supervisor. Understand how they can support you. Be aware that this issue disproportionately impacts womxn of color.

Go Digital. Work with IT and social media professionals to implement solutions. Consider disabling comments or automatically removing comments with profanity.



EMOTIONAL STRATEGIES

Share with others. Let co-workers, employers, family, and friends know what you're dealing with.

We're in this together. Find opportunities for in-person, community dialogue. Talking with others experiencing online harassment can be beneficial.

Laughter can be the best medicine. Using humor is an effective way to minimize the impact of online harassment.



TAKE ACTION

Do nothing. 80 percent of U.S. womxn journalists are not required to respond to comments on their organization's website.

Report problematic comments and users to social media platforms.

Block problematic users.

Know where the line is. Familiarize yourself with the harassment laws in your state.

Stay Secure. Be aware of security in your building and at events.

Only respond to positive comments. Over 50 percent of comments received by womxn reporters are positive, including compliments, story tips, and leads. Most negative comments are general insults or work-related insults.



ONLINE SAFETY

- Thoughtfully consider which platforms to use professionally.
- Carefully decide what to make private versus public.
- Protect family and friends. Consider what you post and where. Consider who you post photos and locations with (partners, kids).
- Be mindful about tagging locations. Consider waiting until you are home to let followers know where you were.
- Be deliberate in choosing your name. Consider using your first and middle name or a pseudonym.