

How to face digital aggressions?

What to do?

#1

Register

If the aggression takes place in social networks, before erasing or denouncing we recommend you to take screenshots. Try to collect as much "evidence" as possible, such as links, IP directions and user names. This will help you to understand what is happening, make decisions and denouncing, also in the case that the content or message is erased from the online platform.

#2

Identify

When we detect some incident or digital aggression, we tend to label everything as "hacking", when actually different things might be happening at the same time. The next step in finding a solution is to identify what is happening. Here are some examples:



Unauthorized access to your accounts or devices



Control and manipulation of information



Identity theft



Monitoring and cyberstalking



Discriminatory statements



Harassment



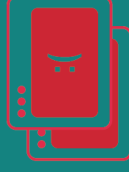
Threats



Dissemination of personal or intimate information



Blackmail



Discrediting



Attacks on channels of expression

Source: 13 forms of aggression related to technologies against women / Asociación Para el Progreso de la Comunicación, Luchadoras, SocialTIC

Depending on the type of aggression you are facing, there might be several countermeasures such as: changing passwords, activating two-step-verification, blocking access for unidentified devices, blocking users, denouncing the content, exposing the aggression, collectively designing action protocols...

Before responding, we recommend you to analyze who could have committed the aggression, with what purpose and what is the next action that the aggressor might carry out after your response.
¡Make an informed decision about your next steps!