

# About HER Internet

*Safe for her...*

HER Internet is a young womxn-led feminist organisation that advocates for the digital rights and internet freedoms of womxn, focusing on LBQ (lesbian, bisexual and queer) womxn.

## Our vision

An equal and just internet for all womxn restoring their agency as their own agents of social change.

## Our mission

Equipping (minority) womxn with digital literacy and cyber security information and skills for increased and safer online engagement, while contributing to the objectives of the feminist movement.

HER Internet has responded to high levels of cyber crime, increased surveillance by state and non-state actors, and online violence directed at womxn and LBQ movements.

Our programs focus on creating and providing safe spaces, rights-based training and advocacy through digital and in-person space-holding.

Our ways of working reflect a solid commitment to building connectively across digital feminist movements.

CyberbullyingEndsNow #nottodaybully

#HERONLINESAFETY

*"I love how HER Internet embraces individuality and that I'm always free to express my opinions.*

*The dedication to making us 'tech savvy' one minority at a time."*

*Kirsteen*

## LET'S KEEP IN TOUCH

*Email: [info@herinternet.org](mailto:info@herinternet.org)*

*Twitter: [@HerInternet](https://twitter.com/HerInternet)*

*Facebook: [HER Internet](https://www.facebook.com/HERInternet)*

*Instagram: [@her\\_internet](https://www.instagram.com/her_internet)*

*Website: [www.herinternet.org](http://www.herinternet.org)*



Contribute to a more inclusive and diverse online environment by speaking out against cyber bullying today.

CYBER BULLYING ENDS NOW!

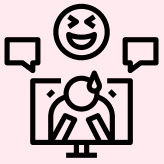


## CYBER BULLYING DEFINED.

Cyber bullying refers to the recurrent and sustained verbal and/or physical attacks by someone towards another using the internet and other ICTs.



[WWW.HERINTERNET.ORG](http://WWW.HERINTERNET.ORG)



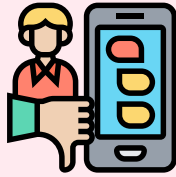
**Cyber bullying** is an issue that extends throughout the social and private lives of many people affecting them; Mentally, Physically and Emotionally.

The feeling of being laughed at or harassed by others, can prevent people from speaking up or trying to deal with the problem. In some cases, cyber bullying can even lead to people taking their own lives.

### When comments get abusive...

It's tempting to have a go back if someone makes a rude posting on your online space, social network or app but don't.

This is called flaming and it just makes the problem worse. Abusive comments are very upsetting but the best way to deal with them is to delete them or get them removed by the website.



### Blackmail and grooming

There have been several complaints from queer people that new "friends" online have tried to pressure them into taking their clothes off and filming or taking images of themselves. Threats have been made that embarrassing things will be told about them if they don't take part. If anyone asks you to do anything that makes you feel uncomfortable, don't do it.



There are many ways of bullying someone online and for some it can take shape in more ways than one including;



**Denigration** - when someone publishes information about another person that is fake, damaging and untrue to humiliate and disparage the target.



**Trolling** - Internet trolls are people who harass unidentified online users, but the cyber bullying troll knows the identity of the target person.



**Cyber Stalking** - the act of repeatedly sending messages such as threats of harm, harassment and intimidating messages that make a person afraid for their safety.



**Exclusion** - when others intentionally leave someone out of a peer group such as group messages and other online engagement. Social exclusion - also a form of social bullying, occurs by indirectly sending a harmful message to someone that they are not included in social activities without verbally communicating.



**Outing and Trickery** - when a cyberbully purposely tricks someone into divulging secrets, private information and/or embarrassing information about themselves and then publishes that information online. They may also do this with private images and videos.

### Tips and advice on dealing with cyberbullying

**Think before you post;** Try to consider the impact your words may have and think twice before posting.



**Keep personal information personal;** do not say anything or publish pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.



**Social media help sections;** can show you how to block users and change settings to control who can contact you. You can also get advice and support on using the social media sites including the ability to report content to them.



**Report cyber bullying to service providers;** lots of content on social media that is offensive or upsetting is not necessarily a criminal offense. However, cyber bullying often violates the terms and conditions established by social media sites and internet service providers.



**Make the most of privacy settings;** keep your profiles closed, allowing access only to your chosen friends and family.



**Innocent bystander;** There is no such thing as an innocent bystander and if you have seen someone being bullied online, you can report it to the online site or app. Ignoring it may feel like the easiest thing to do but the person who is being subjected to that bullying may need your help and support to get it stopped. Most sites now have a report button which is something you can do and this will send the bullying comments to the site to investigate.

