

# DIGITAL HARASSMENT



Harassing behavior is so severe or pervasive that it has the purpose or effect of interfering with a person's participation in Lab's programs or activities. These online behaviors may be harassment:

## Online Impersonation

Using someone else's name or persona without their consent to harm, trick, intimidate or threaten someone.



Warning signs: The person won't videochat or talk on the phone, and/or they ask you not to tell others about your online communications.



## Cyberstalking

Two or more actions toward someone that causes them to fear for their safety or causes emotional distress.

Warning signs: The person contacts you on multiple platforms, or uses different accounts to contact you.

## Trolling

Making uninvited and unwanted comments in an online community that are random or controversial, in order to provoke a response.



Warning signs: The posts include hateful expression, are sexual, or mock or denigrate a person or group of people.



## Doxxing

Publishing a person's personal information online as a call for others to harass them.

Warning signs: Getting calls, emails or other messages from people you don't know, and who may know personal things about you.

## Catfishing

When someone makes a fake online identity to start a relationship or trick someone.



Warning signs: The person won't videochat or talk on the phone, and/or they pressure you to share personal information.

## Cyberbullying

Conduct directed at someone that has the purpose or effect of making that person fear harm to themselves or their property, or harms their physical or mental health.

Warning signs: The behavior is making it hard to fully participate in school programs or activities.



## PROTECT YOURSELF

It is not your fault if you're being harassed. These steps can help protect you from someone crossing your boundaries:

1. **Don't share** your personal information or passwords online
2. Keep your social media accounts **private**
3. **Block and/or report** the person on social media or your phone
4. **Delete explicit pictures** that are sent to you and **tell an adult**
5. **Document** the behavior (except don't keep explicit photos)
6. Call 9-1-1 if you are concerned about your immediate safety



## GET HELP

We are here for you. Every day, on-campus, off-campus, online. Reach out to your counselor, Dean of Students, Title IX Coordinator, or Director for DEI.