ONLINE SAFETY GUIDE

TOO INTO YOU

Online abuse is real abuse, and it's not OK. This is a guide intended to help you stay safe online. However, it is important to remember that the perpetrator is fully responsible for their actions and it might not be possible to protect yourself from this abuse.

How to stay private on social media:

Go private

Put your profile on 'private' or set your privacy settings to 'friends only'. Go through your friends and list of followers and remove anyone you don't trust.

Use the block button

If you don't want someone to contact you, you can block them. Use the block function on Facebook, Instagram, Snapchat, WhatsApp and your phone itself and the person will not be able to view your details or contact you.

What to do if images or videos of you have been shared without your consent:

Image-based sexual abuse is when someone shares or posts explicit videos or images of a person without their consent. This could be material which was initially shared consensually or taken in secret. If it happens to you:

— Notify the platform immediately and ask for it to be removed
— Take screenshots and record URLs
— If you feel able, ask the person who uploaded it to take it down

If you have experienced this type of abuse and harassment please contact the Women's Aid National Freephone Helpline on **1800 341 900 24** hours a day, seven days a week or speak to someone at your local Garda Victims Service Office (click here).

What to do if you are concerned you may have been hacked:

If your account or device is hacked, this means someone has accessed your account without your permission. If you think you have been hacked:

— Change your passwords
— Use the 'help' or 'security' function to secure your account
— Use two factor authentication
— Let your contacts know you have been hacked

What is spyware and what should you do if you think you're being spied on:

Abusers sometimes use spyware on devices to track and intimidate their victims. If your partner seems to know where you are or what you're doing at all times this may be a sign you're being spied on. If you think your device has spyware on it:

— Use a computer at college or at a friend's house
— Do not look up websites about removing spyware or relationship abuse as this will raise suspicion
— Do not attempt to remove the spyware as this will raise suspicion
— More information on spyware can be found here

Keeping your internet usage private:

An abuser may be accessing your device to look at your browsing history. It's important to keep this information private. You can do this by:

— Regularly deleting your browsing history, cookies and cache data. Click here for a detailed description of deleting history on different browsers
— Browse in Incognito mode so that your visit to any website is not saved in your browser history. More details on browsing incognito on different browsers can be found here

What to do if you see someone being harassed online:

If you see hurtful, abusive or embarrassing messages or content being posted about someone online, there are things you can do to support them:

— Say something to the person who is being harassed - send them a message and ask if they are OK
— Report it to the online platform by clicking Report. Reporting is anonymous, so the person won't know that you've reported them
— If you think the person is at risk of serious harm, tell the person being threatened and report to the Gardaí
— Help collect evidence by screenshotting any harmful posts or comments

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More information about staying safe online can be found on our website.

Whatever you're going through, if you need support contact us via our Instant Messaging Support Service or the 24hr National Freephone Helpline: 1800 341 900.