



Let's Talk About Cyber Harassment



Cyber harassment includes the following:

- Cyber abuse
- Cyberstalking
- Digital abuse

The common factor is the use of technology to establish power and control by causing fear and/or intimidation. It is intentional and repeated harm inflicted through the use of computers, cell phones, and other electronic devices. This may include the criminal tracking down someone's personal and private information and using it to make them afraid.

Definitions

- **Cyberstalking** - harassing or stalking a victim using electronic or digital means.
- **Doxing** - sourcing and collecting someone's personal/private information and then publicly releasing it online.
- **Trolling** - the act of posting damaging or harassing comments on social media to purposefully insult or humiliate the recipient.
- **Cyber bullying** - creating harmful posts, sharing personal or false information, inciting others to harass a target on-line.

Tips to protect yourself from cyber harassment

- Control your online content
- Don't share your location
- Never share your private information
- Review & update your data privacy settings
- Use strong passwords
- Use up to date security software

Additional resources

- Computer Security & Privacy for Survivors of Intimate Partner Violence
 - <https://www.ipvtechresearch.org/>
- Cyber Civil Rights Initiative
 - <https://cybercivilrights.org/>
- Secure Our World - CISA
 - <https://www.cisa.gov/secure-our-world>
- StopBullying.gov
 - <https://www.stopbullying.gov/cyberbullying/what-is-it>

Point of contacts

- University of Richmond Police Department
 - <https://police.richmond.edu/>
- Director of Compliance & Title IX Coordinator
 - https://cm.maxient.com/reportingform.php?UnivofRichmond&layout_id=41

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