



There is help.

If you or someone you know are being harassed online, you can contact one of these centers for help:

Saint Rose Counseling Center:

(518) 454-5200

National Domestic Violence Hotline:

(1-800) 799-7233 or
(1-800) 787-3224

WHOA (Working to Halt Abuse Online)

www.haltabuse.org

www.quitstalkingme.com

Albany Police Department

(518) 438-4000



2009 Cyberstalking Statistics:

Gender of Victim:

78% Female
21% Male

Gender of Harasser:

Male 45%
Female 35%
61% had a prior relationship with the harasser

Harassment began with:

Email 34%
IM 13%
Message Board 8.5%
Website 7%
Chat 6%
Facebook 5.5%

6% of these cases escalated to more cyberstalking
16.5% were threatened with offline/physical violence
72% of victims reported harassment, usually to police or web hosts/moderators

<http://www.haltabuse.org>

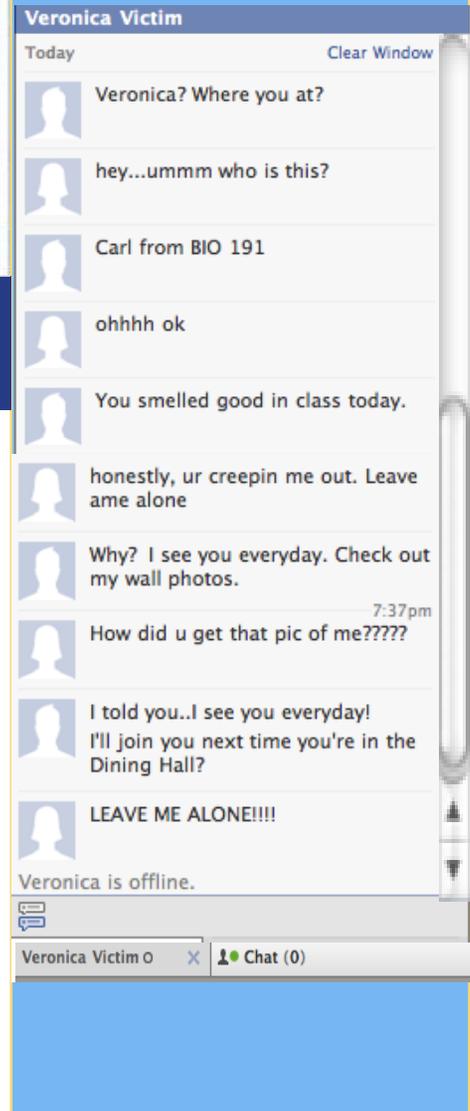
Online Harassment



SOC 270: Public Health-
Cyberstalking Group
2010



Is this online harassment?



What is online harassment?

- “Online Harassment is a broad term that is used to describe the harassment of someone through digital means.”
- It is also known as cyber-bullying.
- Harassment occurs through technology like text messages, e-mail, and social networking sites.
- Online harassment is becoming more common as technology broadens.
- Technology allows bullies to act upon impulse.

Online Harassment Can Lead to:

- Depression
- Substance Abuse
- Poor Academic and Work Performance
- Low Self-Esteem
- A victim of online harassment often feels
- Emotionally traumatized
 - Embarrassed
 - Guilty
- Fearful of greater harassment

Victims also often have trouble seeking help and knowing where to find it.

How to prevent cyberstalking:

- Only visit sites with anti-harassment policies.
- Never give out personal information, especially in chat rooms, e-mails, message boards, or social networking sites.
- Do not create simple passwords or use the same password for multiple accounts.
- Change your password every few months.
- If you would not say it, do not type it.
- Make ambiguous screen names that do not include your real name or nickname.
- *Always take someone with you if you decide to meet an online acquaintance in person.

National Crime Prevention Council at www.ncvc.org/src