

Owning Your Spotlight

Safety Online

Around the world, Women, Girls, and Gender Non-conforming Individuals are significantly more likely to experience harassment online than men:

Cyberbullying
Doxing
Online Harassment
Image Abuse
Trolling
Deep Fakes

Review the UN Women Report for more information, [November 2023](#)

Internet Safety Tips

There are steps we can take as individuals to ensure that we are as safe as possible online, here are just a few:

- *DO Be Mindful of who/what/where you post*
- *DO Choose strong passwords*
- *DO Use secure (private and personal) internet connections, especially for sensitive data*
- *DO Limit clicking on links, especially from unknown sources*
- *DO NOT engage with Trolls/Abusers online, just REPORT*
- *DO Review your privacy settings*
- *DO NOT post photos or provide detailed information about your children or your physical location in public forums*
- *DO Double check online information, especially before you share it*
- *DO NOT post photos of people without their express content*
- *DO ensure that you know people before adding them to your private online spaces*
- *DO REPORT harassing, violent, and troubling behaviour IMMEDIATELY*