Digital harassment:
A threat against press freedom

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What is digital harassment

- Bullying and derogatory comments
- Hatespeech
- Threats of violence or rape
- Dogpiling
- Defamation and disinformation
- Doxxing
- Cyberstalking
- Hacking

Harassment of journalists

In April 2017, the Council of Europe published a survey of harassment against journalists in its 47 member countries. Of the 940 journalists polled, 40% said they had been subjected to forms of harassment that had "affected their personal life" in the previous three years.

Of these cases, 53% consisted of cyberharassment.

Gender-bias

"64% of female respondents have experienced online abuse.

The online harassment takes various forms including death or rape threats, insults, the devaluation of work, sexist comments, being sent obscene images, cyberbullying, cyberstalking and account impersonation

The majority of abused respondents said these attacks had had psychological effects such as anxiety or stress (63 %), while 38 % admitted to self-censorship and 8% lost their job."

IFJ, global survey 2018

Counter-harassment tactics

- **Find support – and support your colleagues**

- **Push back with facts**

- **Troll back**

- **Block**

- **Report to platform**

- **Outing**

- **Report to authorities**

Basic security and privacy precautions

- Secret address – including your company if you're a freelancer
- Seperate work- and private phone numbers if possible
- Go over your privacy settings on SoMe, think about eg. Names and photos of kids and partner.
- Get a password-manager and set 2-factor login to your key digital accounts. This makes it harder to hack you.
- Google yourself and check if there is information that can be leveraged 'against you'

Self-defence when you are harassed

- **Get help!** Reach out to friends or colleagues if it affects you
- **Document *everything***: Take screenshots and install a call recorder app, if your phonenumber is being shared
- **Block e-mail domains**, if you're harassed by anonymous trolls, or set up a content filter in your inbox. You can do the same with your phone temporarily.
- **Report harassment:** To your place of work, your union, your clients. And to the social media platforms, email domainprovider and authorities if its threatening and hateful.
- **Do you suddenly get *a* lot of harassment**? It might be organised, and its important to understand where its coming from and who's pulling the threads.

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