

▶▶▶ What is Cyberviolence?

Cyberviolence hits women and girls especially hard – often in relationships, after breakups or by people close to them.

Perpetrators use technical devices or programs to control, harass and threaten women or to hurt them financially.



The person causing the violence is always responsible for the violence.

There are different tips on how you can protect yourself against cyberviolence and browse the web safely.



🔍 #GemeinsamGegenCybergewalt ✕



Digital violence and discrimination online need to stop!

We want a feminist solidary network that women and girls can use safely and autonomously. The Network is here for us too!



Translation: Juliane Schrötter

© [Trendify; irsyart; colorblocks; Salbine B. | Amaré Creative; NNJDesigns; boholine; Deia Afonso; Modern Graphic; m-Kos; graphixmania] via Canva.com



Types of cyberviolence

Cyberviolence is just as real as physical violence. It can be just as afflicting to the victim. In relationships, cyberviolence usually occurs in combination with different types of violence – for example:

A man watches his wife secretly with apps through stalkerware.

An ex-boyfriend posts intimate photos to porn sites without consent.

A man creates fake social media profiles to hurt his wife.

Girls and young women are usually also affected by specific types of cyberviolence:

Q Cybergrooming

Adults are specifically contacting children and teenagers to manipulate them online in preparation for sexual assault.

Q Publishing of private data (Doxxing)

Publishing of private information such as address and telephone number without consent.

Q Hate messages

Girls and women get verbally abused, threatened or insulted, often on social media.

✓ Checklist - how can I defend myself digitally?

Check your devices

- Which electronic devices do I (or my children) have?
- Who has access to them? (Laptops, computers, smartphones, smartwatches, tablets, etc.)

First to-dos for all devices

- Switch of location services and Bluetooth
- Delete apps and programs that you don't know
- Safe as little data on your devices as possible
- Protect your Cloud with a strong password

Help and Support

There is a broad support system in Austria: Don't stay alone and ask for help – e.g. at the Women's and Girls' Counseling Centre, the Centre for Protection Against Violence, the Counselling Centre #AgainstOnlineHate or the Women's Helpline Against Violence (0800 222 555).

They stand by your side and are free of charge!



For more information about cyberviolence, digital self-defense and the national Women's & Girls' Counselling Centre, scan the code right here



<https://qrco.de/bfCLmA>

What you can do yourself

- Create an e-mail address that only you have access to
- Use safe passwords and two-factor authentication (an additional code, e.g. on your phone)
- Browse in incognito mode to protect your data
- In case of cyberviolence: get help and document the evidence