

RECOVER ARRIVE BECOME

CLINICAL THERAPY PRACTICE

ONLINE HARASSMENT & IMPERSONATION

DOCUMENT • PROTECT • REPORT • GET SUPPORT

Repeated online attacks, fake accounts, impersonation, threats, or campaigns to damage someone's reputation can affect both safety and well-being.

WHAT IT CAN LOOK LIKE

- Repeated hostile posts, messages, tags, or unwanted contact.
- Fake or copycat accounts pretending to be you or someone you know.
- Posting private information, false claims, altered images, or content designed to provoke others against you.
- Contacting family, friends, employers, organizations, or community members about you.

PRESERVE EVIDENCE

- Capture the full post or message, account name, date/time, and surrounding context.
- Save profile links and direct URLs when available.
- A screen recording can show how a post connects to an account or sequence of content.
- Keep original messages and store copies somewhere secure; avoid publicly reposting harmful material just to document it.

PROTECT ACCOUNTS & PRIVACY

- Use unique passwords or passkeys and two-factor authentication.
- Review account recovery methods, logged-in devices, followers, tags, and location sharing.
- Tell close contacts about copycat accounts so they do not accept fraudulent requests.
- Limit public information that reveals routines, family connections, work, school, or location.

RESPOND STRATEGICALLY

- You do not have to publicly rebut every accusation.
- Public arguments can create more content, attention, and opportunities for continued contact.
- When a correction is necessary, consider a brief factual statement rather than prolonged debate.
- For serious allegations, threats, or legal concerns, consider advice from an attorney or victim advocate before responding.

REPORT & ESCALATE

- Use the platform's harassment, impersonation, privacy, or threat reporting process.
- Keep a record of reports and case numbers.
- Threats, stalking, extortion, nonconsensual intimate imagery, or identity-related crimes may warrant law-enforcement or specialized reporting.
- Policies and laws vary by conduct and location.

SUPPORT & SAFETY

- Tell trusted people what is happening so you are not managing it alone.
- SPARC: StalkingAwareness.org for stalking information and safety planning.
- VictimConnect: 855-4-VICTIM (855-484-2846) for crime-victim information and referrals.
- Call 911 for immediate danger.

Protect the record, protect your privacy, and choose responses intentionally.

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