

# ONLINE HARASSMENT

is using **digital means** to cause emotional distress to another person.

is repeated, **unwanted** contact.

Includes: cyberstalking, sexual harassment, and physical threats



**40%** of U.S. adults have personally **experienced online harassment**  
(Pew Research Center Study 2017)

## WHAT TO DO: (all may not apply)

- 1 BLOCK** the person, user, page, number
- 2 SAVE** all texts, recordings, and communications
- 3 CALL** 911 or UMES Campus Police if you receive threats
- 4 LIMIT** the amount of personal information shared on the Internet
- 5 ADJUST** your privacy and security settings
- 6 SPEAK** with the Office of Institutional Equity and Compliance



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