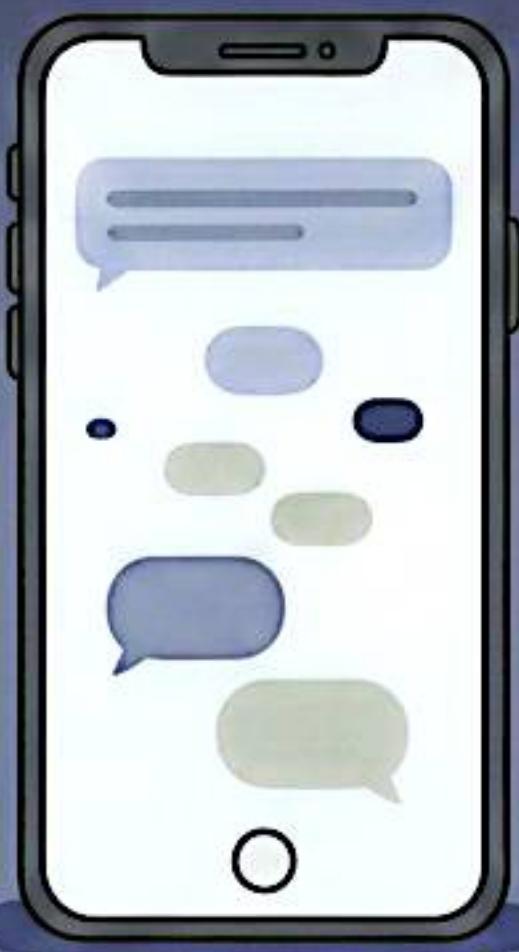


The Dark Side of the Inbox

*Sexual Harassment and Blackmail on Social Media
What You Should Know — and How to Stay Safe*



An Awareness Booklet

YouUbiquity



**Social media is part of our everyday lives.
It helps us connect, express ourselves, and build relationships.**

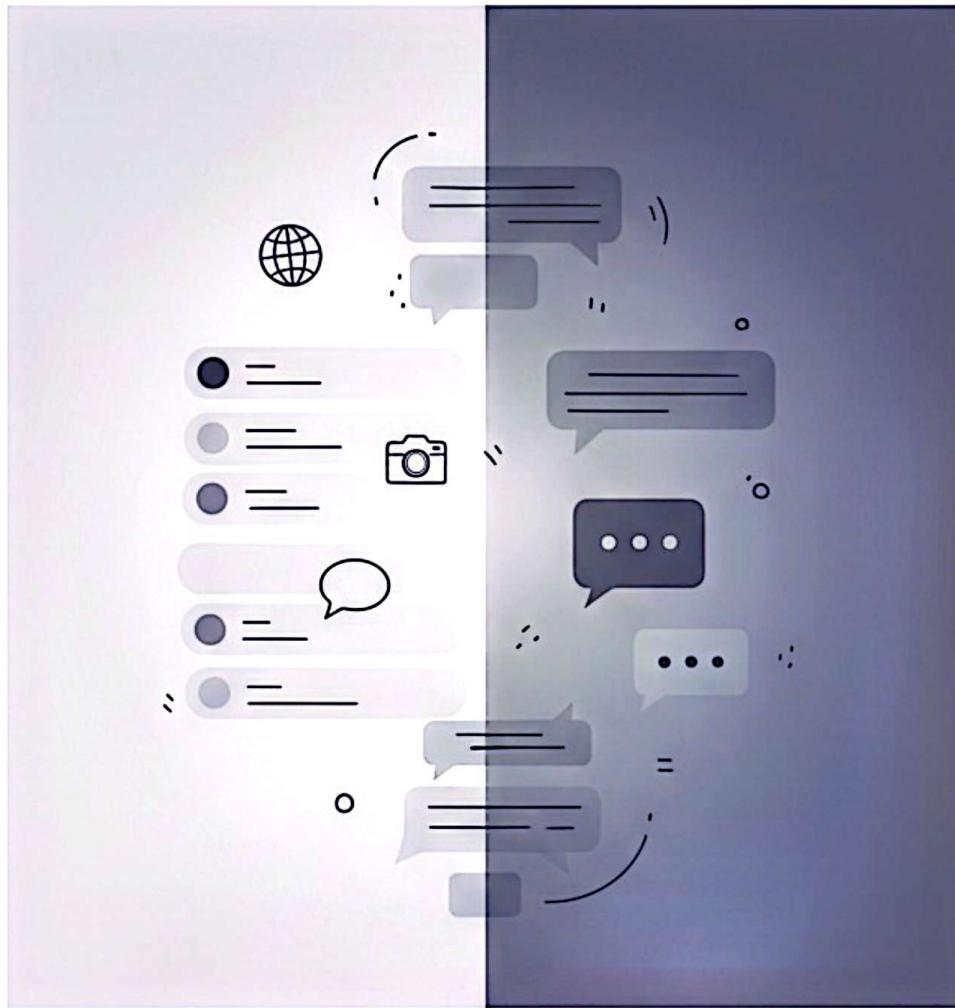
But behind this open and familiar space, a silent risk often exists.

**Every day, countless women face uncomfortable,
inappropriate, and sexually suggestive messages online.
Often, it starts so casually that the danger is not immediately visible.**

This booklet is not meant to scare you.

**It is meant to help you understand, stay alert,
and find courage when you need it.**





How It Begins

A simple “hi” or a compliment

Regular conversations

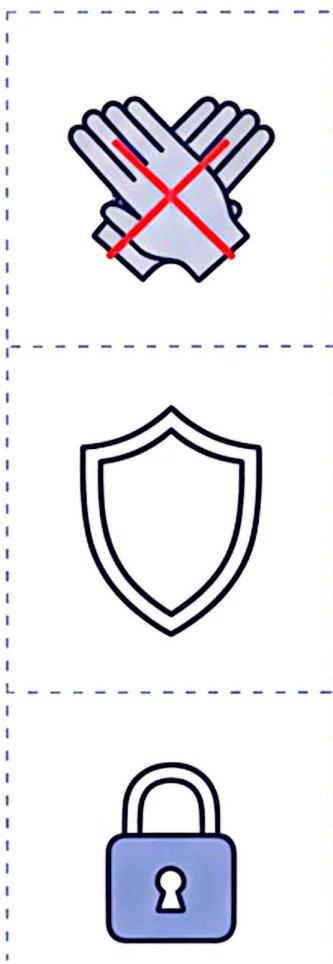
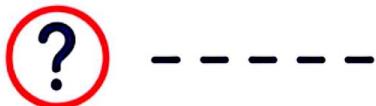
Building trust

Personal questions

Attempts to cross boundaries

Many profiles may appear respectful on the timeline, but behavior often changes in private messages—because people assume no one is watching there.

Warning Signs



Trying to get personal very quickly

Asking for photos or videos

Saying “you’ll hurt me if you say no”

Asking you to keep things secret

Getting angry or blaming you when you refuse

Discomfort itself is a warning sign.

When You Start to Realize the Trap

At that moment, thoughts often appear—

“Is this my fault?”

“What will happen now?”

“What if someone finds out?”

This fear becomes the strongest weapon.

And it is through this fear that blackmail begins.

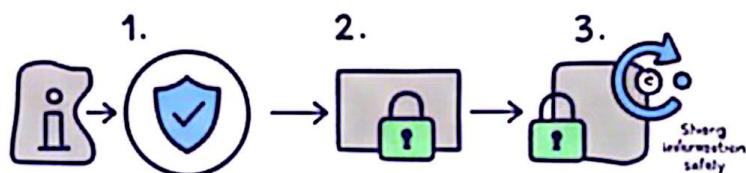


If You Are Being Blackmailed

Do not send anything more

You are not obligated to meet any demands

Save screenshots and chat records



Keep evidence before blocking

Tell someone you trust

Giving in once usually does not make it stop



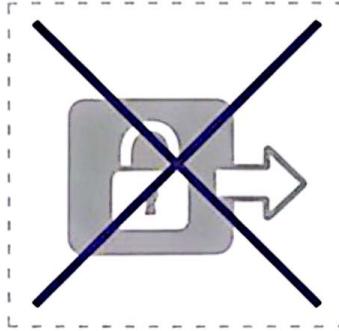
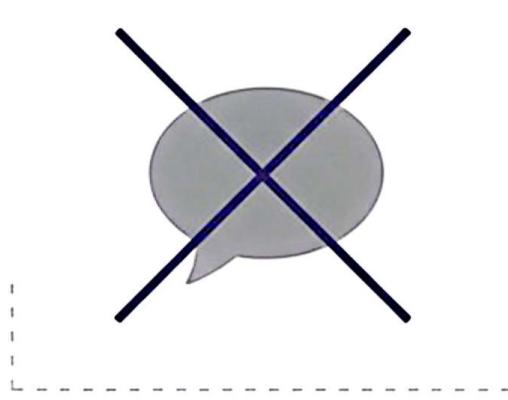
What Not to Do

Trying to handle everything alone

Trusting the offender

Blaming yourself

Staying silent out of fear



Silence is the offender's strength



A Few Important Things to Remember

Your dignity is not lost

Trusting someone is not a crime

The fault lies with the offender

Asking for help is not weakness

You are not alone



A Message for Everyone

Consent must be clear and voluntary

Personal boundaries must be respected

Online actions have real-life consequences

“Just joking” is not an excuse

A safe internet is everyone’s responsibility





Block Save evidence Speak up



When silence breaks, light appears