

Online abuse poses an urgent and growing threat to free expression, equity, and inclusion.

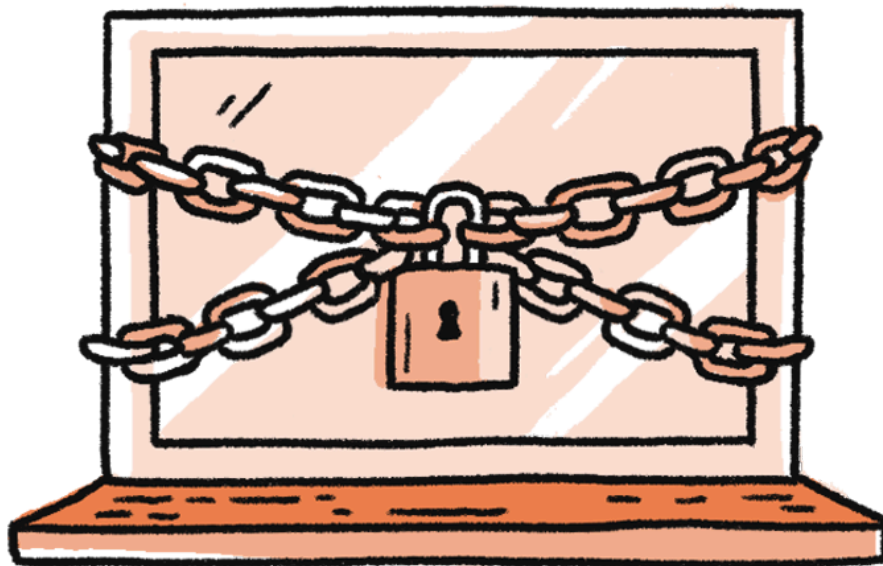
Whether you're experiencing or witnessing online abuse, this Field Manual offers concrete strategies for how to defend yourself and others. We wrote this guidance with and for those disproportionately impacted by online abuse: writers, journalists, artists, and activists who identify as women, BIPOC, and/or LGBTQIA+. Whatever your identity or vocation, anyone active online will find useful tools and resources here for navigating online abuse and tightening digital safety.

I am being targeted

I am a witness/ally

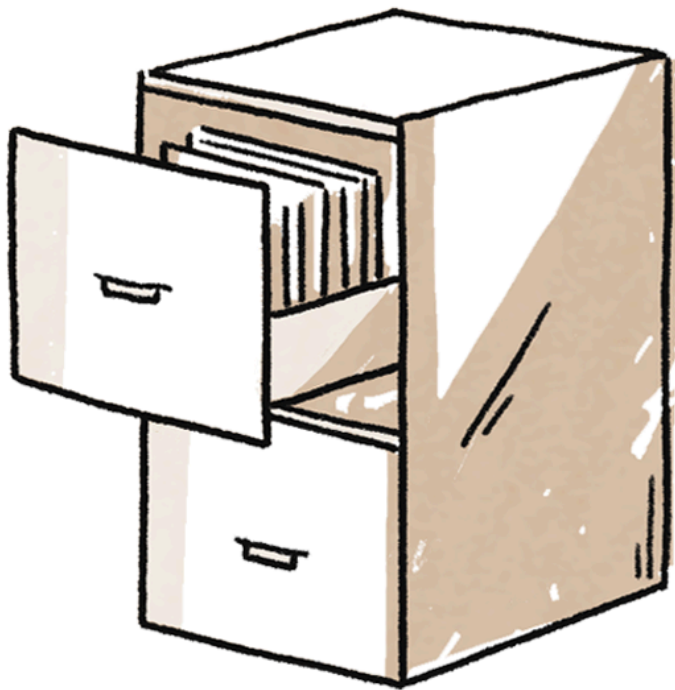
I am an employer

Explore the Field Manual



Prepare for Online Abuse

Tactics, tips, and guidelines for protecting your online presence and accounts



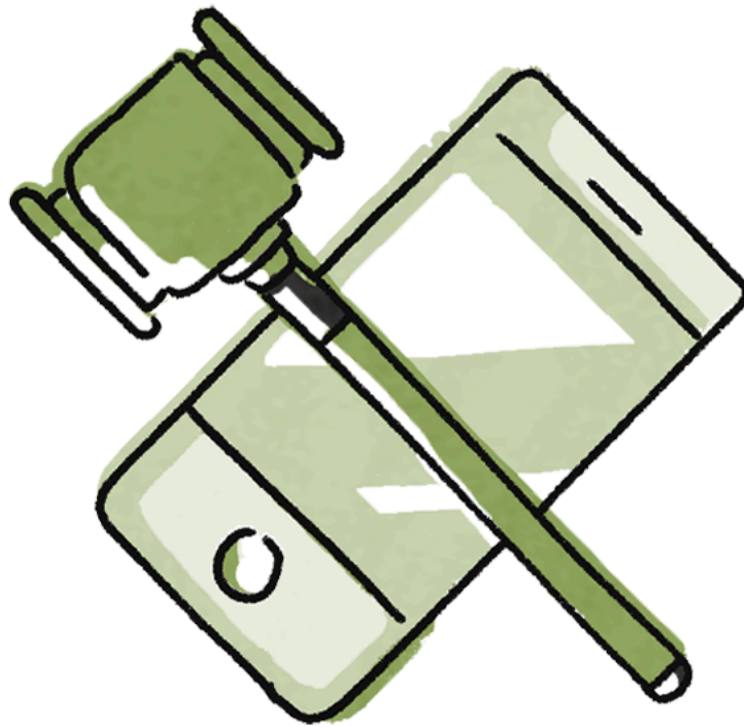
Respond to Online Abuse

Strategies for response, including assessing threats, navigating social media and email, deploying cyber communities, and practicing counterspeech



Practicing Self-Care

Advice for practicing self-care and maintaining community during episodes of online abuse



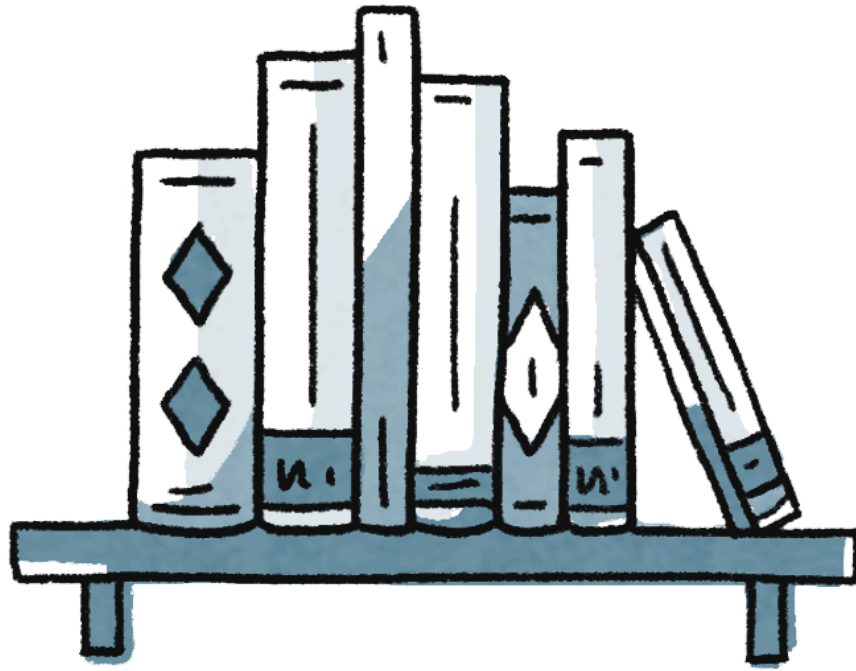
Legal Considerations

What to expect when turning to law enforcement during episodes of online abuse



Requesting and Providing Support

How-to guides for those targeted by online abuse, their allies, and their employers



What is Online Abuse?

What is online abuse/harassment, what forms does it take, and why is it a free expression issue?