

DOMESTIC ABUSE IS

MORE  
THAN

PHYSICAL VIOLENCE

# Bystander Resources

NO MORE

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## Intervening in abuse online

Receiving abuse online can be a harrowing experience, and can leave the victim feeling isolated and scared. If you feel you should respond to an abusive post, **check with the victim first**. They may not want to escalate the situation. Send them a private message to find out if they want your help. If they do, you could:

- **Report abusive or inappropriate content.** If you see a post threatening violence, mocking, or verbally abusing someone, you can **report it to the social media platform**. This small step can help get sensitive content flagged and removed.
- **Speak out against harmful comments.** If you are comfortable doing so, respond to abusive comments. Say something like “This is a horrible thing to say.”
- **Post supportive comments, messages, or hashtags** in response to the content of the person targeted by abuse.
- **Support positive messages.** Like, share, and respond to comments that support the person who is being targeted. Often, the more you engage with positive content, the more visible it is to others.
- **Block, unfollow, or unfriend the perpetrator.**
- **Above all, remain calm and think about what you are saying before you post it.** Don't write anything in anger.