

SAFETY CHECKLIST

1. MANAGE YOUR TIME

Don't spend more than a few hours with online hate speech and try to avoid nighttime activities, especially if you are alone at home.

2. Know your limits

Do you need to read one more comment and check another hateful altered image? If you feel you are mentally full, just stop. Get up from your computer and go for a walk!

3. Disconnect

...from your computer, from hate speech, from the world. Whether you prefer to meditate or to paint, dedicate time to pursue an activity that takes you out from the hate speech bubble and allows your brain (and yourself!) to rest.

4. Have your circle of support

Your colleagues prove that dealing with hate speech doesn't mean you have to be a lone warrior. Have discussions with your friends, colleagues or anyone to avoid feelings of loneliness.

5. Check your privacy

Hide all public information from your profile to make it harder to identify you. Use multiple accounts, strong passwords and a VPN software to have proper coverage.

6. Support others and report to police if needed

Should you witness any serious harassment, including a physical threat, report it to the police immediately and show your support to the victim by reaching out to them.