

Techology- Facilitated Gender- Based Violence (TFGBV) Tip Sheet

Faef fala wei fo lukaotim iu seleva againstim Techology- Facilitated Gender- Based Violence (TFGBV)

Insaet long olketa yia wea i go finis no long taem go noma, iumi lukim increase long harassment an online violence fo keepim vois blong olketa mere journalists and minority journalists fo stap quiet taem olketa karem aot waka blong olketa.

Taem wanfala Journalist hem stop fo duim waka blong hem bicos olketa harasim hem online, iu mi lusim wanfala impotent vois

Insaet wanfala 2020 survey 1,210 fala women journalists, i talem aot olketa facim online abuse, harrassment threats and attack, 20% long olketa woman tallem olekta facim offline abuse and attacks wea olketa bilivim technoloy-faciliated gender-based violence(TFGBV) nao causim.

Olketa faev fala tips ya hemi fo protektim iuseleva againstim TFGBV, based long evidence, and expertise from Dart Centre Asia Pacific (DCAP) and real-life experience, blong olketa journalists wea complitim nao first TFGBV Fellowship wea DCAP offeram wetem funding support from Google News Initiative (GNI).

Olketa fellows ya i bin translatim disfala tip sheet fo plande langus, includim Hindi, Filipino, Fijian and Chinese.

Disfala Tip Sheet ya olketa fellows ya nao i translatim insaet different langus wea includim Hindi, Filipino, Fijian, Solomon Islands pijin and Chinese.

Sapos iu laekem olketa tip sheets ya insaet long olketa langus ya, iu savve downloadim from Dart Centre Asia Pacific website: <https://dartcenter.org/asia-pacific>

1. save hao fo usim gud social media/internet

- Understandim olketa different media platform iu waka long hem, includim olketa common online threats long olketa online spaces ya.
- Attendim social media self-defence webinar fo lanem hao fo luk savve online abuse and impact blo hem long olketa woman.

- Australian e-Safety Commission offer different free webinar wea save helpem iu fo setting up social media accounts and profiles blong iu wetem safety in mind. Olketa webinar ya also kavam hao fo deal wetem online abuse thru muting, blocking and reporting(<https://www.esafety.gov.au/>)
- Save long olketa law insaet kantri blong iu wea addressim TFGBV as well as safety blong journalists.
- Understandim hao olketa karem aot law wea olketa passim.
- Understand wea iu vulnerable (e.g. Facebook,X LinkedIn, Instagram)

2. Strongim cybersecurity

- Usim long passwords (must garem words and symbols) no usim baek sem passwords, creatim answers fo security questions and settim up two-factor, password long personal key and professional accounts(e.g.email, socia media, banking). Try fo keepim personal information you sharim long public profiles (e.g. no som picture blo pikinini or any thing bae som identity blo u, pets etc).
- No usim waka email address blo iu fo private profiles
- No usim same profile piksa fo professional and personal accounts blong iu.
- No usim baek handles across platforms wea iu like fo kipim separate
- Tok wetem oketa friends blong iu about tagging(Iu might not laek fo olketa taggim personal accounts blong iu taem olketa sharem professional waka blong you fo example.
- Fo protectim privacy blong iu hemi gud fo usim any VPN
- Fo preventim doxxing, searchim nem blong blong iu long Google fo lukim wat kaen information show up aboutim iu (e.g.address blong you, fon namba blong iu or any nara private/ personal information wea bae mekem iu accountable). Hemi bae gdu fo iu searchim fon namba, or any nara personal information fo lukim anything wea kamap long dea too. Sapos iu findim personal information blong iu hemi available fo public, iu save requestim Google fo outim infomation ya from search results usim disfal form: <https://reportcontent.google.com/forms/rtbf>
- Garem clear idea aboutim level of personal information, includim images and videos wea available long profiles blong iu.

3. Documentim an reportem TFGBV

- Meksure documentim any thing abaotim TFGBV. If you reportim online abuse and successful fo tekem daon, bae iu lusim any important evidence. Savim emails, voicemails and texts.Tekem screenshots long social media and copy direct links wea iu lukim chance fo tekem.Meksure documentation hemi saved long secure, multiple formats.
- Assess and monitam origin, characteristics and frequency blong threat.

- Consider carefully whether threat ya might garem transition offline. Iu savve assessim diswan folom type of harassment. For example, if person wea duim diswan oket savve long hem – or if olketa som any sign of stalking or revealim personal information aboutim iu, dat iu no previously publish online, '(olsem home address, car plate namba, piksa blo previous reunion , etc.) threat ya hemi might real and hemi recommended dat iu reportim. Sapos iu bilivim threat ya hemi mean fo exclusively online, you savve reportim user ya go long platform iu usim or usim block feature. If you go hed fo experiencim, creatim wanfala log wea savve help fo identifying patterns and establishim evidence base fo claimim TFGBV
- Block, mute and reportim abuse long social media platforms
- Assessim safety blong iu. Waswe threat ya hemi directed and specific? Hemi hao includim name blong iu, time, place or method of attack? Waswe abuser hemi hao, threatenem iu
- Usim real name blong olketa, email or phone number? Hao abuser ya usim olketa nara platforms or moved offline (e.g., voicemails, physical mail or packages hemi leavim long door or workplace blong iu)? If iu no feel safe long any way iu reportim long manager blong iu.

4. Savve gud wat taem fo engage

- cStandard avice “ No feedim trolls” hemi gud. Taem oketa confrontim iu abusers savve laek fo kamap mekem attacks go worse fo try fo mekem oketa target blong oketa fo kros fo mekem olketa insaet trabol. Tok tok aot againstim abuse, hemi empowering.
- Key nao fo iu must carefu taem iu decide fo lukluk long wanem nao bae waka fo iu. Wanfala way fo duim diswan nao hemi fo practisim counter speech, and no tok direct wetem abuser blong iu. Sapos iutufala exchange toktok hemi savve causim harrassmenta and hate defendim reputation blong iu and fact checking disinformation. Understandim context blong abuse hemi also important. Bae iu savve engage if iu savve abuse ya hem com from wanfala computer program instead long human?

5. Buildim trauma-informed wetem community support

- Discussim TFGBV savve causim fraet an shame, so hem important fo tingim dat abuse hemi mean fo mekem u feel isolated. Remember. IU NO STAP SELEVA.
- Seekim support from friends, family colleagues, professionals and reach out go long wider cyber community olsem friends. Sapotim colleagues blong iu. Stori and sharem lived experience blong TFGBV save brekem dwn stigma taem iu lukaotim help. Stori wetem colleagues blong iu savve help mekem difference.
- Enlistim allies savve help: Trusted friends or colleagues savve luk aot fo olketa mentions blong iu time iu karem out blocking and muting.

1.1. Posetti, J., & Shabbir, N. (2022). *The chilling: A global study of online violence against women journalists*.