

FOR EVERYONE

Someone is attacking you online

The order of steps matters. This list works in most of the cases we handle.

1 Secure the evidence

Screenshots showing the address, the date and the account name.

2 Limit contact

Blocking and muting cut the contact without starting a conversation.

3 Report the content

In the service where it appeared, with a short explanation.

4 Consider the police

Threats, blackmail, published personal data, intimate images without consent.

5 Ask for support

Our foundation helps with removing content and with reporting.

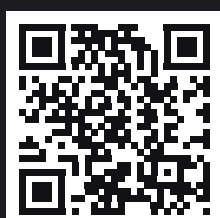
Report the content only after you have secured the evidence. Once removed, it is hard to prove what it said.

GDZIE SZUKAĆ POMOCY

116 111
children and youth

116 123
adults

222 900 142 112
foundation helpline
emergency



WESPRZYJ POMOC DLA INNYCH

Wpłaty przez stronę: usuwaniehejtu.pl/wesprzyj

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