

Don't scroll past

Online attacks survive where everyone watches and nobody acts. One person is enough to change that.

1 Do not share it further

Even a comment of outrage shows the post to more people.

2 Write to the person attacked

A short private message means more than a public defence.

3 Take a screenshot

With the address, the date and the account name.

4 Report the content

Reports from several people work faster.

5 Tell an adult

If the attack involves a child, inform the parents or the school.

If someone says they may harm themselves, tell an adult straight away.

GDZIE SZUKAĆ POMOCY

116 111
children and youth

116 123
adults

112
emergency

usuwaniehejtu.pl
help and reporting



WESPRZYJ POMOC DLA INNYCH

Wpłaty przez stronę: usuwaniehejtu.pl/wesprzyj

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tytuł przelewu: Darowizna