

# CYBER SAFETY: A BYSTANDER'S GUIDE

You are going about your day when your Twitter account blows up with inappropriate posts based on someone's appearance, race, gender or perceived sexuality, etc. What do you do?

**If you respond on line:**

**Respect yourself and others;** think before you hit send. Words typed or pictures posted on a screen can travel far and wide in minutes. They can cause lasting harm.

**Keep it clean.** Sending inappropriate pictures, comments or illegal content to friends, can come back to haunt you. Simply tell people, *Cut it out, or That's not okay.*

**Another option is to check in with the target:**

**Send a message** and ask, "Are you all right?" If they are a student, tell them the University can help them address the behavior if it's harrassing, abusive, and/or bullying.

**Refer them** to the services listed on the back. You can even offer to accompany them if they need support.

**And to keep yourself safe online:**

**Be real with your friends.** Only accept friend requests from people you actually know: not friends of friends of friends...

**Take the tags off.** Tell your friends to ask permission before they tag you in photos or upload selfies they took with you at last night's party.

**Keep your private information, private.** Never post your phone number, address or your whereabouts on line. This may attract stalkers. Also, take the locator function off your apps.

# RESOURCES:

## ADVOCACY & SUPPORT

### **ODU Women's Center**

757-683-4109, Crisis Support,  
M-F 8 p.m.- 5 p.m.  
next to Student Health Services  
womenctr@odu.edu

### **Response of the YWCA**

757-226-YWCA (9922), 24 Hour Hotline,  
Victim Advocacy and Counseling  
info@ywca-shr.org

## REPORTING

### **Office of Student Conduct & Academic Integrity (OSCAI)**

757-683-3431  
Call to Report Student Conduct Violations  
or go to the OSCAI homepage  
to submit online

### **ODU Police Department**

757-622-4000  
To report online harrasment  
or cyber crime

## NATIONAL RESOURCES

### **Stalking Resource Center**

[ncvc.org/src](http://ncvc.org/src)

### **Working to Halt On-Line Abuse**

[haltabuse.org](http://haltabuse.org)

### **Hollaback**

[ihollaback.org](http://ihollaback.org)

## **Women's Center**

1000 Webb Center

757-683-4109

womenctr@odu.edu

[www.odu.edu/womenscenter](http://www.odu.edu/womenscenter)



**OLD DOMINION**  
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IDEA FUSION