Resource list for those experiencing online bullying

RESPECT

a RESPECT guide

Endorsed by:

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CIfA | Chartered Institute for Archaeologists

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BAJR Respect with CIfA and Prospect Archaeology Branch

Online bullying is a growing, global problem and one which archaeologists are increasingly finding themselves having to confront whether through work and/or study as well as on a personal level. Online abuse whist upsetting in the short term can have a long-lasting psychological impact, including stress, anxiety and low self-esteem. BAJR Respect have complied a list of resources for organisations and advice pages that individuals experiencing online bullying may find helpful.

To be clear, online or 'cyber' bullying refers to using the internet or other devices to bully, intimidate or harass another person, either publicly or privately, and may include the following malicious behaviours – another more sinister layer can also allow those responsible to hide their identity.

TROLLING: posting inflammatory messages with the aim of provoking an emotional response from others

CYBER STALKING: using electronic means to make persistent and frequent unwanted contact with an individual, group or organisation. Stalking has been a named offence in England and Wales since 2012.

DOXING: identifying and publishing personal data without the individuals consent with the aim of causing fear, panic, anxiety and stress

If the online bullying behaviour is directed at a persons, race, religion, sex, disability, nationality or sexual orientation then it is deemed hate speech and in the UK may also be considered harassment under the Equalities Act 2010.

If you are experiencing online bullying:

DOCUMENT
Record the evidence of the bullying by for example taking screenshots both of the messages/images and the profiles being used and of any malicious blogs or websites that may have been created about you. The UK charity Glitch have produced this template to help document online abuse [https://fixtheglitch.org/wp-content/uploads/2019/09/documenting_online_abuse_v2.pdf]

SEEK SUPPORT
Speak to people you know and trust

BLOCK
Block the social media accounts of the bully and do not further engage with the person/s responsible for example by responding to messages, posts or tweets.

REPORT
This might be to the relevant website/social media platform, your internet service provider (ISP), mobile phone provider (if the bullying is by text or phone call).

You can report the abuse as soon as possible to the police, you can do this directly or online at www.report-it.org.uk However -if you feel your personal safety is in threat dial 999

If it is from a work colleague then report it within your organisation, your employer should have policies in place to cover this type of behaviour.

Remember that replying to a trolling message may cause more harm than good. It is important to consider - Personal Safety - Professional Profile – Public Perception

What you say or how you reply, may, (however much you are trying to defend yourself or others) be exactly what the perpetrator wants you to do. It can open you up to more trolls seeking you out 'for fun'. It may be used to place your professional integrity into question, and it may be seen by others – who are not aware of the whole story – that you being the aggressive one.

Remember: DOCUMENT - SEEK SUPPORT – BLOCK and REPORT

How to stay safe online

Strong passwords are essential and two factor authentication will reduce the likelihood of online abusers accessing more of your personal information.

Regularly review what information is available about you online and review your social media security settings

Ensure your computer and other devices have up to date antispyware software installed

There is a list of organisations such as www.staysafeonline.org.uk that can provide lots of advice on how to safe online

How to help a colleague

If you see abusive content about a friend or colleague let them know and suggest they contact the social media provider.

Receiving abuse online can be deeply distressing, listen to their concerns.

Encourage them to seek help (a list of organisations is at the end of this document).

Be an active bystander. If you feel able you can intervene in a number of ways, but do not resort to personal attacks (this is most likely what the perpetrator wants) but instead amplify a different message and remove the attention from the abuser.

You can report abusive online behaviour even if it is not directed specifically at you.

Useful Resources:

1. Bullying UK (part of Family Lives) www.bullying.co.uk/cyberbullying
2. Cybersmile https://www.cybersmile.org/what-we-do/online-abuse-support
3. Facebook support https://www.facebook.com/help/1753719584844061?helpref=hc_global_nav
4. Get Safe Online www.getsafeonline.org
5. Glitch https://fixtheglitch.org/
6. National bullying helpline https://www.nationalbullyinghelpline.co.uk 0845 2255 787/ 07734 701221
7. National Stalking Helpline 0808 802 0300 or email advice@stalkinghelpline.org
8. Protection against stalking www.protectionagainststalking.org
9. The Cyber Helpline www.thecyberhelpline.com
10. Twitter support https://help.twitter.com/en/safety-and-security/report-abusive-behavior
11. Victim Support www.victimsupport.org.uk 0808 1689 111