



# Voices Against Virtual Violence (VAVV)

## Quick Help Guide for Victims of Online Harassment & Doxing

This guide was created by VAVV to support individuals experiencing cyber harassment, online intimidation, digital stalking, and doxing. The steps below can help you protect yourself, preserve evidence, and seek support when dealing with online abuse.

### 1. Immediate Safety Steps

- Do not engage immediately with harassers.
- Stay calm and avoid escalating the situation.
- Inform a trusted person if the harassment escalates.
- Contact authorities if threats of violence occur.

### 2. Document the Harassment

- Take screenshots of messages, usernames, and posts.
- Capture timestamps and dates.
- Save links and platform names where the harassment occurred.

### 3. Evidence Collection Checklist

- Screenshots of abusive content
- Profile URLs and usernames

- Dates and times of incidents
- Links to videos, posts, or chats
- Witness statements if available

#### 4. If You Are Being Doxed

- Document where personal information was posted.
- Report the content immediately to the platform.
- Preserve evidence before content is removed.

#### 5. Reporting Abuse

Most platforms allow users to report harassment, threats, or harmful content. Use platform reporting tools and attach screenshots and evidence.

#### 6. When to Contact Law Enforcement

If threats include violence, stalking, or personal harm, contact local law enforcement and provide documented evidence.

#### 7. Incident Timeline Template

Date: \_\_\_\_\_

Platform: \_\_\_\_\_

Description of Incident: \_\_\_\_\_

#### 8. Evidence Log Template

Date | Platform | Username | Description | Screenshot Saved

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#### 9. VAVV Contact & Support

VAVV works to support victims of digital harassment and promote safer online communities. Visit the VAVV website to report incidents, access resources, or seek guidance.