

HOW TO BE AN ALLY FOR THOSE EXPERIENCING DIGITAL ABUSE:



CALL IT OUT, IF YOU FEEL SAFE ENOUGH TO DO SO

1

When you see something wrong or a problem with someone's language then call it out - but, only do this if you feel safe enough to do so..

2

SHARE RESOURCES, IF YOU FEEL SAFE ENOUGH TO DO SO

Share resources of support that survivors can access and information to encourage others to get support they need and become active allies, but only if you feel safe enough to do so.

