

## Digital or Online Abuse

Digital or online abuse is any type of abuse which happens on the internet. It can happen on any device connected to the web such as computers, tablets, mobile phones or smart watches, and it can happen anywhere online including:

- Social media
- Text messaging and messaging apps
- Emails
- Online chats
- Online gaming

### Types of digital or online abuse

- **Cyberbullying**—Unlike bullying that takes place offline, online bullying can follow you wherever you go and it can sometimes feel like there is no escape or safe space.
- **Emotional Abuse** is any type of abuse that involves the continual emotional mistreatment of a person and this can happen both on and offline.
- **Grooming** is when someone builds a relationship with you so they can sexually abuse, exploit or traffic you. Anyone can be groomed online or face-to-face by a stranger or by someone you know.
- **Sexting** is when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexual messages. It's online abuse if you are pressured or coerced into creating or sending these types of images.
- **Sexual abuse** is when you are forced or tricked into sexual activities. Sexual abuse can happen online - for example, you could be forced to make, view or share child abuse images or videos or take part in sexual activities on conversations online.
- **Sexual exploitation** is a type of sexual abuse. When you are sexually exploited

## 6 things to remember:

1. If someone is harassing or bullying you online, you can [report it on the site or app](#). Even if someone else has reported it, making a report yourself can make it more likely the content will be removed.
2. Try not to engage with abusive messages or posts.
3. Keep a diary of what's been happening and when, and take screenshots of online messages. This can help you prove what's been happening.
4. It is natural to want to see what people are saying when they are bullying you. But taking time away from your phone or device, even for a few minutes, can help you to feel calmer.
5. It is never your fault and RISE is always

If you think you may be in an abusive relationship, you can call our helpline on 01273 622 822. We're here on Tuesday and Wednesday mornings 9.30 -

For more information on what domestic abuse is visit our [website](#)

Want to get involved and raise awareness? Why not attend our [Ask Me Ambassador Taster Session](#)