

10 simple tips to ensure your protection online from anti-Muslim abuse

Whether it's 'cyber harassment', 'cyber bullying', 'cyber abuse', 'cyber incitement', 'cyber threats', 'cyber stalking', or 'cyber hate' - you shouldn't have to suffer alone. There are laws to protect you.

You have legal rights if you feel someone has committed a 'racially motivated' or 'religiously motivated' crime against you. This includes online abuse, particularly if it takes the form of repeated harassment or threats. Contact your local [Citizens Advice Bureau](#) for more details.

Report the incident to the police, who can assist you. You can either speak to a police officer, or report online hate incidents through the police's [True Vision website](#). You can also report online abuse through [Tell MAMA](#) - we'll help you through the reporting process.

Whatever type of targeted abuse you receive, make sure you report it as it comes in. Often, harassers quickly delete their abuse, only to reupload it later: try to take screenshots of any abuse you have suffered, to assist with evidence gathering mechanisms, and to document abuse.

Work with your local community to raise awareness of the issue of online hate, by engaging with your friends and family in talking about this sort of abuse.

Get familiar with Facebook and Twitter's policies on acceptable use, including how to block people and report them if you think you are suffering online abuse. You don't have to suffer in silence - use these facilities.

If you are suffering online abuse, there are victim support agencies that can help. Make sure you get in touch with organisations like [Victim Support](#), [Think U Know](#), or [Tell MAMA](#). All of these agencies can offer support, especially to young people suffering abuse.

As well as reporting accounts, many social networking sites like Twitter have an in-house 'report abuse button' for specific tweets. If you have received abusive tweets directed against you, make sure you flag this up. See [here](#) for details.

If you have received online targeted abuse, make sure you contact your local MP to raise the issue with them, and raise awareness. You can find details of who your local MP is, and how to write to them, [here](#).

You can also protect yourself online by having a strong, difficult-to-guess password, that is different from each account. It is important to keep changing your password and online account if you are being targeted.

Remember: a victim of online abuse does have legal rights. Don't suffer in silence: report it NOW.

Contact Tell MAMA by

Phone: 0800 456 1226
Text: 0115 707 00 07
Facebook: tellmamauk
Twitter: @TellMAMAUK
Email: info@tellmamauk.org
or by downloading the free Tell MAMA app from the App Store.



FAITH MATTERS