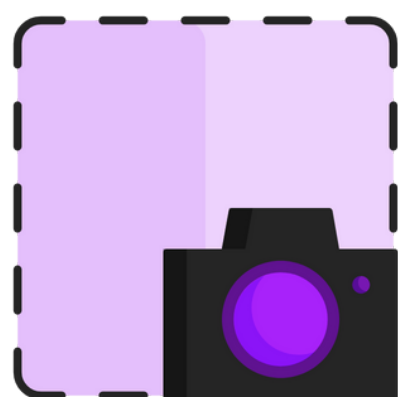


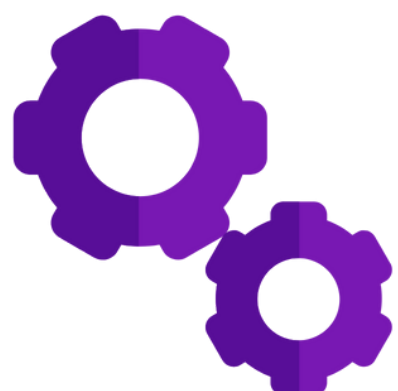
Respond to online harm

1. Gather digital evidence



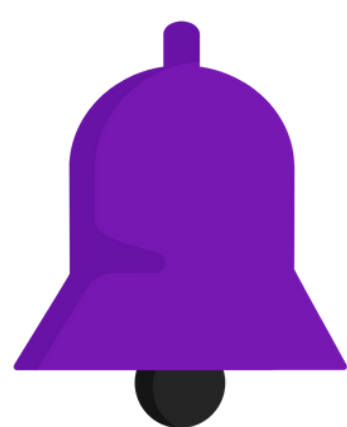
- Capture web addresses (URLs), email content and headers, screenshots and photos of device screens.
- Show the full story - include the full thread and messages you've sent.
- Objectionable content? Skip to Step 3 and contact Netsafe for advice to safely record digital evidence.

2. Consider your response



- Use platform settings – block, mute, restrict, unfollow etc.
- Report the online harm to the platform involved. This creates a record that Netsafe may follow up for you.

3. Contact Netsafe for advice and support:



- How you might be able to get harmful online content removed.
- How to protect yourself from further harm.
- Support services that may be able to assist.
- In some cases and only with your consent, Netsafe may be able to offer alternative resolutions.

Contact Netsafe for advice, support and to report online harm.



Call 0508 638
723



Text "Netsafe"
to 4282



Report online:
[netsafe.org.nz](https://www.netsafe.org.nz)