



What Should I Do if I Am Experiencing Unwanted Behaviour Online?

Protect Yourself

If you are experiencing online harassment, it's important to take steps to protect yourself. Here are some actions you can take:

- **Set Boundaries:** If the harasser is someone you know, make it clear that you do not want them to contact you again. Clearly state your boundaries and assertively communicate that their behaviour is unwelcome.
- **Do Not Engage:** Avoid responding to cyberbullies or engaging in any conversation with them. Engaging may escalate the situation.
- **Block the Harasser:** Block the accounts or individuals involved in the harassment across all social media platforms. This will help prevent further contact.
- **Change Contact Information:** If necessary, change your phone number, email address, or other personal contact information to stop receiving unwanted communications.
- **Document the Incident:** Keep a record of all interactions. Take screenshots, save messages, and log any harassing activity with timestamps. This will be crucial if you decide to report the incident later.
- **Save Evidence:** Save all evidence of the communication, both in electronic format (such as screenshots, messages, or posts) and in hard copy. Do not edit or alter these materials in any way.
- **Report the Incident:** If the harassment persists, report the incident to relevant authorities such as your institution or the police. You can file a formal complaint with local law enforcement or cybercrime units under the **Information Technology Act, 2000** or the **Indian Penal Code (IPC)**, depending on the nature of the harassment.

Reporting Online Harassment

Talking to someone and seeking support can be difficult, but reporting the incident is a vital step. If you think you or someone you know has experienced online harassment, there are several ways to report it.

Reporting to Social Media Platforms:

Most social media platforms have reporting mechanisms that allow you to report harassment or other inappropriate content. Here are links to some of the major platforms:

- **Google Groups:** [Report here](#)
- **Twitter:** [Report here](#)
- **YouTube:** [Report here](#)
- **Facebook:** [Report here](#)
- **Instagram:** [Report here](#)

If you are a victim of online harassment or cyberstalking in India, you can also file a complaint with the **Cyber Crime Cell** in your jurisdiction. **Section 66A of the IT Act**, though repealed, still provides guidance on the nature of harassment online, while **Section 354D of the IPC** addresses cyberstalking and the unwanted following or monitoring of an individual online.