

# CYBER HARASSMENT

POCKET GUIDE



DigitalRightsFoundation  
"KNOW YOUR RIGHTS"



# what is *cyber harassment*?

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With the extension of the physical world into cyberspace, it is important to realize that the abuse one faces in online and offline spaces can have the same devastating effects. Anytime someone threatens or blackmails you, violates your privacy, or just makes you feel unsafe or uncomfortable on an online platform, it is considered cyber harassment.

# EXAMPLES OF *cyber harassment*

## > DOXXING

Publishing your private information with which you can be identified online, such as your address, number, etc.



THREATENING



EDITING PHOTOS FOR  
MALICIOUS INTENT



BLACKMAILING



UNSOLICITED  
MESSAGES



HACKING



IMPERSONATION

# Things to Remember:

TAKE A

DEEP  
BREATH



CONFIDE IN SOMEONE  
YOU COMPLETELY TRUST

DON'T GIVE IN TO THE  
DEMANDS OF THE  
BLACKMAILER



**DON'T  
BLAME  
YOURSELF!**



# You have Rights

According to the Prevention of Electronic Crimes Act 2016 (PECA), you are legally protected by law against any such cases of cyber harassment.

IF SOMEONE IS DEFAMING  
YOU ONLINE, USE

## **SECTION 20**

OFFENCES AGAINST DIGNITY  
OF A NATURAL PERSON

IF SOMEONE PHOTOSHOPS YOUR  
IMAGE & BLACKMAILS YOU ONLINE

## **SECTION 21**

OFFENCES AGAINST MODESTY  
OF A NATURAL PERSON

IF SOMEONE IS MONITORING YOU ONLINE  
& USING YOUR PICTURE WITHOUT YOUR CONSENT

## **SECTION 24**

CYBER STALKING

CROSS - CRIME SCENE

DO NOT CROSS - CRIME SCENE

DO NOT

# *You can help*

In moments as troubling as cyber harassment, it may become difficult to keep a hopeful outlook and seek help. Make sure you make it easier for others by:

**KEEPING AN OPEN MIND**

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**EMPATHISING**

**HELPING THEM WORK OUT A SOLUTION**

**NOT VICTIM BLAMING**

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# *You can seek help*

Digital Rights Foundation's **Cyber Harassment Helpline** is Pakistan's first dedicated, toll-free helpline for victims of online harassment and violence. The Helpline will provide a free, safe and confidential service. The Helpline aims to provide legal advice, digital security support, psychological counselling and a referral system to victims of online harassment. The Helpline will provide a judgment-free, private and gender-sensitive environment for all its callers.





**DIGITAL SECURITY  
TIPS**

# Tips



## ATTACHMENTS

**Be wary** of any unrecognized links and/or app invites sent to you.



**Check your auto backup settings.** Data that you delete from your phone may be automatically uploaded and saved online on 'Cloud' accounts. That data could then be in the hands of anyone with access to your Apple or Google account.

**Run anti-virus** checks on your devices regularly.



**Activate two-step verification** for an additional layer of security.

For detailed security tips, please visit:

<https://hamarainternet.org/digital-security-tips/>

<https://hamarainternet.org/resources/digital-security-pakistani-women-ebook/>

# Tips

## STRONG PASSWORDS

Avoid dictionary words, use combination of alphabets, numbers, and special characters.

**Don't share it with anyone.**

Applications like Whatsapp and Signal allow just the sender and receiver to read messages **without**

**fear of them being tracked .**

## ENCRYPTED CHATS

## SOCIAL MEDIA APPLICATIONS

Always **check your privacy settings** to ensure no one outside your trusted friends and family can access what you share.

# CYBER HARASSMENT HELPLINE

**0800-39393**

Monday to Friday between 9AM to 5PM





Digital  
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Foundation

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