Cyber Abuse

Definition
Several terms are used to define cyber abuse (which may or may not be sexual in nature) including cyber-harassment, cyber-stalking, cyber-bullying, and digital abuse. The common factor is the use of technology to establish power and control by causing fear and/or intimidation.

Common Tech-Enabled Abusive Behaviors
- Device access – Compelling someone to provide passwords, obtaining cloud access, installing spyware, locking someone out of accounts, hacking, changing privacy settings/passwords, overseeing virtual conversations (email, text, other).
- Location tracking – Commercially available trackers used without consent. Apps to track children repurposed for abuse.
- Doxing – Sourcing and collecting someone’s personal/private information and then publicly releasing it online.
- Spoofing – Falsifying of phone numbers, email addresses, IP addresses, location/GPS to confuse source of communication.
- Non-consensual image/video sharing – Distribution of sexually explicit images/videos of individuals without their permission. Threat of sharing may also be used to manipulate.
- Deep fakes – Videos in which a person's face/voice is interposed in another video to make them appear as though the participated in certain acts or made certain statements. Altering pictures.
- Use of social media, other platforms – Creating harmful posts, sharing personal or false information, inciting others to harass a target on-line.

Cyber abuse can be as serious as any other type of abuse. If something is upsetting to you, REACH OUT. Talk to a friend, SHARE, a Title IX Coordinator, or a trusted person to process your experience and explore your options.

How might someone be affected by Cyber Abuse?
- Performance - difficulty concentrating.
- Mood - depressed, angry, hurt, afraid.
- Outlook - feeling helpless, discouraged, lower self-esteem.
- Public perception - fear of being judged or labeled when disclosing abuse.
- Loss of sense of safety, trust in others.
- Employment, educational repercussions.

If you or someone you know is experiencing Cyber Abuse:
- Plan for safety. If you feel that you are in immediate danger, go to a safe place and call 911 or someone you trust.
- Talk with someone about your experience. Cyber abuse can be traumatizing and it is crucial to have support.
- Know that you are not alone. Know that you are not to blame.
RESOURCES

Campus
SHARE Center........................................203.432.2000 (24/7)
(Sexual Harassment & Assault Response & Education)
at Yale Health, Lower Level. Drop-in weekdays 9am-5pm.

- A confidential resource for students, faculty, and staff who have experienced sexual misconduct & Cyber Abuse involving sexual misconduct.
- Counselors are available 24/7 to offer support and provide information on various options including resources for ongoing counseling and/or consultations with Yale Police in order to obtain an order for protection and/or filing a report.
- Counselors can also assist with information about University options for supportive actions.

University Wide Committee...........................................203.432.4449
Title IX Office ..............................................provost.yale.edu/title-ix

Yale Health
Acute Care ..................................................203.432.0123
Student Health ..............................................203.432.0312
Mental Health & Counseling.................................203.432.0290

Public Safety
Yale Police ....................................................203.432.4400
New Haven Police .........................................203.946.6316 or 911

Community Resources
Umbrella Center for Domestic Violence........203.789.8104
National Domestic Violence Hotline..............800.799.SAFE
Hope Family Justice Center .........................203-800-7204

Additional Information on Cyber Abuse
www.cybercivilrights.org
https://endtab.org/
https://www.ipvtechresearch.org/
www.allrisesaynotocyberabuse.com

Check the SHARE website for more information:
www.sharecenter.yale.edu