

# 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 they 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 been 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](http://www.cybercivilrights.org)  
<https://endtab.org/>  
<https://www.ipvtechresearch.org/>  
[www.allrisessaynotocyberabuse.com](http://www.allrisessaynotocyberabuse.com)

Check the SHARE website  
for more information:  
[www.sharecenter.yale.edu](http://www.sharecenter.yale.edu)