

# SPEAKING WITH FAMILY ABOUT ONLINE PRIVACY

## IDENTIFY YOUR GOAL

Do you want to let someone know what is happening? Are you asking for help? Do you need to warn others they may become a target of abuse? Understanding what you want to achieve can make the conversation easier.

## PREPARE FOR THE CONVERSATION

It can be painful to discuss online abuse. Consider preparing what you're comfortable saying in advance and bringing documentation of the abuse, such as screenshots.

## EXPLAIN WHY YOU USE THE INTERNET

Relatives may not understand that you need to have a presence online to do your job. Explain how and why the internet - and social media - are crucial for your work as a journalist.

## THINK ABOUT TECH

Depending on who you're speaking to, you may need to explain some basics about technology (DMs, hacking, doxing, etc.). It helps to use simple language and explain any jargon.

## ASK FOR SUPPORT

Sometimes people really want to provide support, but they don't know how. Let them know what you would find helpful, such as monitoring mentions, documenting abuse, bringing some ice cream, etc.

## KEEP CALM

If the conversation isn't going well, just remember, online abuse is real and it's not your fault. Turn to someone else for support or revisit the conversation again at another time. If you're concerned about a family member's safety, help them understand the context of online abuse and provide them with practical support.

## BE PREPARED TO HELP

If you feel that family members need to secure their own accounts for their safety, keep in mind they may not know how to do that. Be prepared to walk them through the basics either in person or over the phone.

