

What do I do if I am being harassed online?



IMMEDIATELY

contact Campus Security and Emergency Services at (613) 533-6111, if you feel threatened.



SAVE

detailed records of each incident. Write down as much information as possible including date, time, location, witnesses, etc.



TAKE

screenshots that include date and time stamps.



MINIMIZE

contact with the harasser. Take steps to block calls and texts, adjust your privacy settings, and avoid further communication.



SPEAK

to an on-campus support who can offer further advice: [Human Rights and Equity Office](#), [IT Services](#), [Ombudsman](#), [Campus Security](#) or [Student Wellness Services](#).