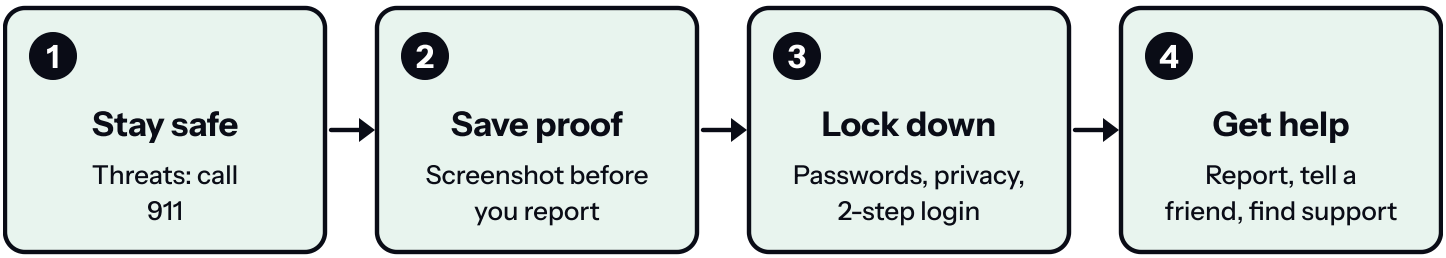
COMPUTER CENTER ONLINE · FREE GUIDE · LEVEL 2

# Online Harassment and Doxxing

What to do in the first hours, how to protect yourself, and where to find help.




### If you are in danger

Call 911 if someone threatens you or knows where you are and means harm. Tell a person you trust.

### Save proof first

Take screenshots that show the date, the username and the link, and keep copies somewhere safe. Then report. If a platform removes the posts, you lose your proof.

### Lock down

- Use a different password for each account, and turn on two-step login with an authenticator app.
- Set social media to private, and take your address and phone number off profiles.
- Turn off location tags on photos.

### Remove your information

Search your name, phone number and address. Ask data broker and people-search sites to remove your listing, and ask search engines to remove results that show private information. It takes time and has to be repeated.

### Report and block

Report the posts to the platform and block the accounts. Do not reply. For threats, file a police report and ask for the report number.

### Get support

Ask a friend to watch your accounts and save evidence. PEN America's Online Harassment Field Manual (onlineharassmentfieldmanual.pen.org) has step-by-step help. Trans Lifeline: 877-565-8860.

**Sources:** PEN America Online Harassment Field Manual (onlineharassmentfieldmanual.pen.org). General information, not legal advice. Last checked November 2026. Is something unclear or out of date? Use the contact form on our website and choose Guide feedback.