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.

detailed records of each incident. Write down as much information as possible includes)-





## 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 wh&ecurity

or <u>Student Wellness Services</u>.

