

Digital violence is an attack on freedom of speech!



Cyber violence takes place online and is spread via the Internet and social media (twitter, facebook, instagram, etc.). Whether on the street or on the Internet - anyone who wants to intimidate others through bullying, harassment, stalking or threats uses violence. This can never be freedom of speech.

An anti-racist and anti-sexist internet for EVERYONE!



1. The Istanbul Convention is a Europe-wide agreement to combat violence against women*. We need a consistent and unconditional implementation of the Istanbul Convention, which includes and combats forms of cyber violence. This also requires the creation of new anti-sexist and anti-racist laws.

2. Take those affected by cyber violence seriously and create multilingual, low-threshold support services and apply existing laws more consistently.

3. Digital companies and media have to be made aware of cyber violence, especially racist and sexist agitation, and held responsible for violations!

#MyDigitalWomenRights

Combating cyber violence against women*



Affected women* between online and offline violence



Regardless of whether violence is carried out online or offline, the consequences for those affected are serious. Emotional complaints, depression, anxiety and even suicidal thoughts can occur. Waiving social media can be a relief at the moment, but isolation is not a long-term solution.

Cyber violence - a gender-specific problem!



Every tenth woman* has experienced sexual harassment or stalking through new technologies. Cyber violence often goes hand in hand with the devaluation of socially disadvantaged groups. Affected migrant and refugee women* also experience cyber violence through racist and sexist attributions and insults.

What is cyber violence?

HATESPEECH

Inhuman statements that devalue individuals or groups based on attributed multiple affiliations or identities, such as gender, skin color, race, sexual identity, etc.

CYBERGROOMING

Addressing people on the Internet with the aim of initiating sexual contacts

CYBERSEXISMUS

Sexist attacks on social media

CYBERHARRASMENT

Harassment via email, text- (or online) messages or the Internet

SHITSTORM

Mass criticism and defamation against a person or an organization or groups within the framework of social networks, blogs or comment functions on websites

CYBERSTALKING

Unwanted contact to a person, persecution of that person

What can you do about cyber violence?



Get involved, show solidarity and contradict violent statements. Cyber violence can affect anyone! In social media groups or via hashtags, women* help each other when they are affected by violence.

You're not alone. There are a large number of women's groups and advice centers that offer help and support. You can find a list of women's advice centers online or at

Help phone

(free | in 17 languages | 24h | 080 0011 6016 or via chat hilfetelefon.de)

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