

# ARE YOU THE VICTIM OF MALICIOUS COMMUNICATION?

## A SELF-HELP GUIDE



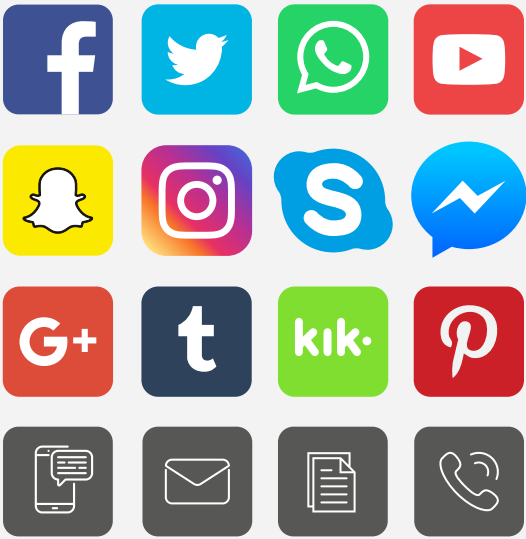
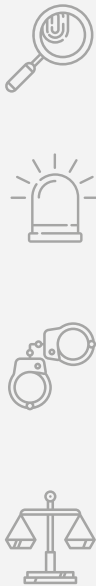
Malicious communication relates to the sending of indecent, offensive or threatening letters, electronic communication or articles with the intent to cause the recipient distress or anxiety.

If you are a victim of malicious communication there are steps you can take to stop the behaviour of the other person. These are detailed below.



## OFFENDING BEHAVIOUR VIA ELECTRONIC & WRITTEN COMMUNICATION

MAY INCLUDE BUT IS NOT LIMITED TO:

COMMUNICATION METHOD	+	THE CONTENT	=	A CRIME
		<ul style="list-style-type: none"><li>• Content grossly offensive, vulgar, outrageous, shameful, shocking, abusive, insulting</li><li>• That is indecent, degrading, humiliating, improper, especially in relation to sexual matters</li><li>• That is of a threatening nature and the threat is believed to be real</li><li>• That is sent using false information that is believed to be false by the sender</li><li>• Sent to cause the person or anyone else distress or anxiety</li></ul>		

## ADVICE

- Ask the offender to STOP and then do not communicate any further
- Do NOT delete correspondence - keep copies of conversations by saving emails or taking screenshots
- REPORT any threatening, offensive or indecent content to the host website/platform
- BLOCK or unfriend those making unwanted contact - refer to host website/platform or Get Safe Online link below for assistance
- Do NOT retaliate – arguments will only continue and make it hard to determine who is at fault
- Seek SUPPORT from agencies such as Victim Support or the Samaritans if you need to talk about the impact the situation is having on your life

## FURTHER SUPPORT

Victim Support: [www.victimsupport.org](http://www.victimsupport.org)  
Samaritans: [www.samaritans.org](http://www.samaritans.org)  
Get Safe Online: [www.getsafeonline.org](http://www.getsafeonline.org)