

**Online Gender  
Based Violence**



**TOOLKIT**

# Understanding Online Gender Based Violence (OGBV)

Online harassment isn't just "part of being online."  
It's real, harmful, and affects people's lives.

## What does it look like?



A stranger sending an unsolicited explicit photo (ex: dick pics)

A partner sharing private images without consent (ex: nude photos shared in a Telegram group chat)



Someone receives threats for sharing their personal story (ex: threatening comments or DMs related to murder, rape, etc.)



# OGBV Types

OGBV comes in many forms and keeps evolving as technology changes. It's rooted in gender inequality and can spread quickly across digital platforms.



Cyberflashing



Doxxing



Gender  
Disinformation



Impersonation &  
Identity Theft



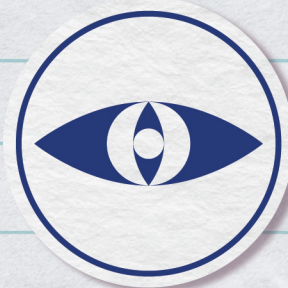
Non-Consensual  
Sharing of  
Intimate Images



Online  
Harassment &  
Abuse



Sextortion &  
Blackmailing



Surveillance &  
Stalking



Threats of Rape,  
Physical & Sexual  
Violence

# Cyberflashing



Cyberflashing is when someone sends unwanted sexually explicit images—like photos or videos of genitals—without your consent. It can happen through social media, messaging apps, or even Bluetooth and AirDrop. Like public flashing, it's a violation of your personal space and can feel deeply unsettling.

# Doxxing



Doxxing is when someone shares your personal information—like your name, address, phone number, or workplace—online without your consent, often to embarrass, threaten, or harm you. Even seemingly harmless details can be pieced together and weaponized.

# Gendered Disinformation



Gendered Disinformation is a targeted form of online abuse that spreads false or misleading information specifically designed to discredit or harm individuals based on their gender. It often exploits societal stereotypes and misogyny to undermine credibility, portray women as untrustworthy or incapable, and discourage their participation in public life. This form of digital violence can escalate into offline harassment, reinforce harmful gender norms, and create significant emotional, psychological, and professional harm.

# Impersonation & Identity Theft



Impersonation happens when someone pretends to be you online—creating fake accounts, sending messages in your name, or even using your identity to harass others. This is often linked to other forms of online abuse, like spreading false rumors or damaging your reputation.

# Non-Consensual Dissemination of Intimate Images (NCII)



Also known as “revenge porn,” but this term is misleading. NCII happens when private photos or videos are shared without consent, regardless of how they were originally taken.

# Online Harassment & Abuse



Online harassment comes in many forms—spam, threats, sexual harassment, cyberbullying, and more. It can be a one-time attack or a sustained effort by individuals or groups across different platforms. The goal is often to silence, intimidate, or harm the victim.

# Sextortion & Blackmailing



Sextortion happens when someone threatens to share your private or intimate images to force you into giving them money, personal information, or even sexual favors. This form of blackmail preys on fear and shame, disproportionately affecting women, girls, and LGBTQ individuals.

# Surveillance & Stalking



Online surveillance happens when someone monitors your digital activity—whether by tracking your posts, messages, or online movements. This is often used to harass or control women, girls, and LGBTQ+ individuals. Stalking can also extend to digital spaces, making victims feel unsafe even in their own homes.

# Threats of Rape, Physical & Sexual Violence



Sexual violence and rape threats are alarmingly common online, especially against women. These threats—often made anonymously—are just as serious as real-world violence, even if they happen in digital spaces.

# Recognizing the Impact of Online Harassment

It's not "just the internet." Online abuse is real, and the way it makes you feel—confused, anxious, unsafe—is valid. If something feels wrong, it is.



## You're Not Overreacting.

Online harassment can feel confusing, especially when others dismiss it as "not real" or "just online." But your feelings are valid—abuse in digital spaces can have real effects on your safety and well-being. Trust yourself. If something feels wrong, it is. You're not alone, and support is available.

## It's OK To Feel.

Everyone reacts differently to online abuse—there's no right or wrong way to feel. You might feel nothing, or you might experience fear, anger, anxiety, or even physical symptoms like trouble sleeping or nausea. However you feel, it's valid



# Recognizing the Impact of Online Harassment

**We've gathered advice from survivors to help you through this.  
Take what feels useful to you.**

## **It's not your fault**

You have the right to exist and express yourself freely. The blame lies with the harassers, not you.

## **Take a break**

Step away from your devices or social media if needed. If work or daily tasks feel overwhelming, take time off. Do things that bring you comfort, whether that's resting, exercising, or diving into a hobby.

## **Talk to Someone**

Reach out to a trusted friend, family member, or mental health professional. If words are hard, just sharing how you feel and what support you need can help. You don't have to go through this alone.

## **Ask for Help**

If documenting the harassment feels too overwhelming, ask someone you trust to help save evidence, like screenshots with timestamps.

## **Speak Up—If You Want To**

Decide whether to engage with your harasser is up to you. Ignoring them doesn't mean you're weak—it means you're prioritizing your well-being.



# Knowing your Rights Under Malaysian Law

While Malaysia lacks specific laws on OGBV, some legal protections exist. Understanding them can empower you to respond and protect yourself.



## Understanding the Laws in Malaysia

Online harassment can feel confusing, especially when others dismiss it as “not real” or “just online.” But your feelings are valid—abuse in digital spaces can have real effects on your safety and well-being. Trust yourself. If something feels wrong, it is. You’re not alone, and support is available.

### Ways to take action

Make a Police  
Report

Report to  
Platforms

# Making a Police Report

Filing a police report can feel intimidating, especially if it's your first time. Unfortunately, many survivors fear being dismissed, blamed, or mistreated. Under S3(3) Police Act 1967, the police duties include receiving information related to prevention and detection of crime.

## Where To File

You can report at any police station. Your case may be transferred to the relevant station if needed.

Preparing a draft report in advance can help reduce the stress of explaining everything on the spot.

## Types of Reports

### Case Report

Logs the incident but does not request action yet (useful for "wait-and-see" situations).

### Action Report

Requests an official investigation and follow-up by authorities.

## What To Include In Your Report

1

### Who

Name yourself as the victim and list any known aggressors.

2

### What

Describe what happened in order, and name the type of harm (e.g., harassment, threats).

3

### Where

State where the incident took place, even if it was online.

4

### When

Mention the time, whether it's ongoing, or if you fear it will happen again.

5

### Why

If you know the perpetrator's intent, you can include it, but remember—it's not your fault.

6

### How

Explain the impact on your physical, emotional, or financial well-being.

## Final Steps

The officer must **read your report back to you** before you sign.

You can **request edits before signing**, but not after. If you remember new details later, you can **file a second report**.

You have the **right to ask for a case update** under Section 107A(1) of the Criminal Procedure Code.

**Taking this step can be tough, but knowing your rights helps you stay in control.**

# Reporting to Platforms

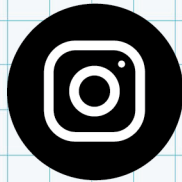
If you're experiencing online gender-based violence, most platforms have reporting tools to help you take action.

Here's how you can report abusive content on major platforms:



## X/Twitter

- Click the three dots on a tweet or profile and select **Report**.
- Choose the violation that best fits your case.
- For detailed reports, use **Twitter's reporting page**.
- Reports in non-English languages may need extra explanation.
- If Twitter confirms the violation, the account may be suspended.



## Facebook/Instagram

- Tap the three dots on a post or profile and select **Report**.
- Facebook and Instagram prohibit harassment, bullying, and non-consensual intimate content.
- **Reports are anonymous**—your identity won't be shared.
- Check your **Support Inbox** for updates on your report.



## Telegram

- Report abusive content by emailing **abuse@telegram.org**

## WhatsApp

- **Long press a message > Select Report**
- WhatsApp reviews the last five messages sent by the reported user
- Repeat violations can lead to a ban, but reporting doesn't always result in action

# Finding Support When You Need It

**You don't have to face online abuse alone.  
Whether you need someone to talk to or help figuring out your next steps, support is available.**



## **You're Not Alone— Help is Available**

Support, not redress.

Facing online gender-based violence can feel overwhelming, but support is out there. You don't have to go through this alone.

## **First, take a deep breath.**

Reach out to someone you trust—whether it's a friend, family member, or support group.

**Learn more about Online  
Gender Based Violence  
on our website**



[www.ogbv.kryss.network](http://www.ogbv.kryss.network)