

# 50 SHADES OF SILENCE

50shadesofsilence.com

A GLOBAL MOVEMENT GIVING **VOICE** AND **DIGNITY** TO VICTIMS OF **CYBER HARASSMENT** AND **ONLINE CRIMES**



## WHAT TO DO IF IT HAPPENS TO YOU



### TRY TO REMAIN CALM

I know just how scary, embarrassed, angry, hurt and humiliating you feel when you see your images, videos or content online. The range of emotions will erupt. Please try to remain calm, so you can move quickly into action.



### GET SUPPORT

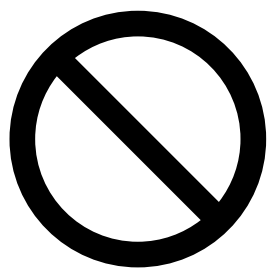
Support can look like a trusted friend or family member who can help you begin the process of not only dealing with your range of emotions but the following action steps. You may also seek support from the list of organizations that we have listed on our website at:

<https://www.50shadesofsilence.com/get-help/>



### GATHER ALL EVIDENCE

Be sure to gather and save everything that you can. Dates and times, what happened, any evidence that it happened, who you think did it, evidence that they did it, and evidence you still need and information on who might have it. Include screenshots of web pages that include visible URLs, printouts, text messages that show names and specific dates and times, PDFs, voicemails, and anything else that you'd be comfortable swearing on under oath in a court of law, should it come to that. Make copies of everything.



### GET IT REMOVED

Work quickly to try to find all images or content and then begin the formal requests to have the content removed. There is a removal guide and details on how to get it removed at our website at <https://www.50shadesofsilence.com/get-it-removed>

You may also need assistance and the use of DMCA. The Digital Millennium Copyright Act.



### CALL POLICE

Certainly if you are in danger or fear physical harm from your perpetrator don't hesitate to call the police. In some cases, you may want to have your situation documented by law enforcement so calling police could be wise. However I will warn that law enforcement officers aren't necessarily well-educated when it comes to the devastating effects of revenge porn and might not take your case seriously.

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## HIRE AN ATTORNEY



Hiring an attorney and court costs and fees can get expensive. Many perpetrators know a litigation threat won't necessarily harm them, which makes it hard to go after them in states with no criminal laws regarding revenge porn. Few states have strong (or any) such laws.

However in some cases it may make sense for you to go the legal route.

If you can afford to speak with a lawyer, it's not a bad idea to reach out to a civil attorney who understands the laws governing the Internet.

## RELEASE THE SHAME



I felt so shameful about all of this. The shame felt like weight and forced me into a place of silence and desperation. If you are feeling this way. Seek emotional support. You could contact Cyber Civil Rights Initiative Hotline. CCRI provides emotional support, technical advice, and information to current victims of online abuse. Victims can reach out to CCRI through the Helpline or our website and receive support from a Helpline Counselor or a Victim Support Specialist.

CCRI's Helpline (844-878-CCRI)

IF THE EMOTIONS HAVE YOU THINKING ABOUT SUICIDE PLEASE  
PICK UP THE PHONE RIGHT NOW AND CALL  
**THE NATIONAL SUICIDE PREVENTION LIFELINE**  
**AT 1-800-273-TALK**

YOU MAY ALSO TRY MEDITATION, JOURNALING, READING, EXERCISE OR MASSAGE AND BATHS. I CREATED 30 DAYS OF EVERYDAY COURAGE AS A WAY TO HELP VICTIMS BE REMINDED EVERY DAY FOR 30 DAYS JUST HOW WONDERFUL AND SPECIAL THEY ARE IN. EVERY MORNING I'LL SEND AN EMAIL WITH A QUICK 10 MINUTE DAILY ACT OF COURAGE TO GET YOU UP AND MOVING AGAIN, REMINDING YOU TO BE BRAVE, BE BOLD AND TO BE YOU.

I INVITE YOU TO CHECK IT OUT AND ENJOY IT FOR THE NEXT 30 DAYS AT

**[WWW.30DAYSOFEVERYDAYCOURAGE.COM](http://WWW.30DAYSOFEVERYDAYCOURAGE.COM)**

**[WWW.50SHADESOFSILENCE.COM](http://WWW.50SHADESOFSILENCE.COM)**