

END BULLYING BE KIND ONLINE



Tackling LGBTI+ abuse online
in partnership with
BeLongTo Youth Services and Facebook



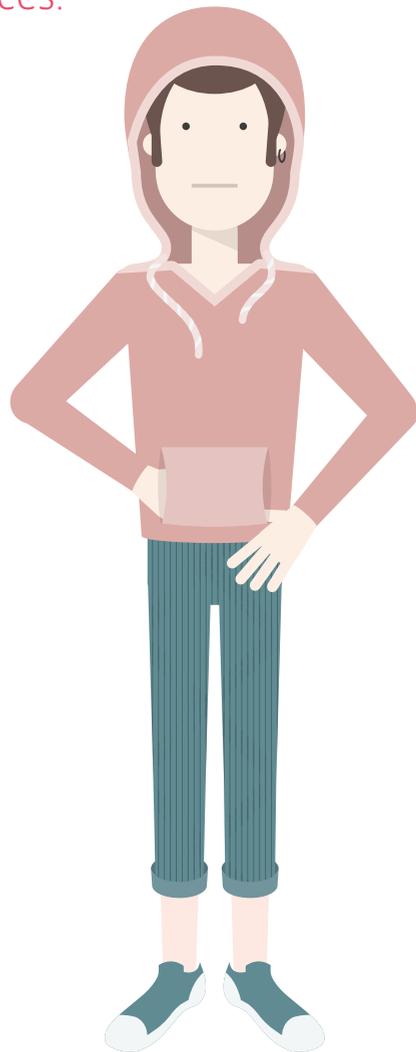


“By being kind, empathic, and accepting online, we have the power to change the conversation, and create a world where all of our young people feel safe, valued, and equal in their identities and experiences.”

*Moninne Griffith, Executive Director
BeLong To Youth Services*

Facebook empowers us to connect with our friends and families and participate in a global community that stretches beyond our university halls or social circles to include those we would otherwise never encounter. However, just as in the offline world, not all behaviour we witness or experience online is kind.

Sometimes the intolerance and prejudice we fight hard to keep out of our homes, colleges, workplaces and friendship groups surfaces online, and can take the form of homophobia, biphobia and transphobia - discrimination based on sexual orientation or gender identity. These are real and worrying issues that have damaging impact on all of us.



DID YOU KNOW?

→ Irish research has shown that **50% of LGBTI+ secondary school students are bullied**, 67% of students have witnessed bullying of LGBTI+ students at school, and 60% said that if someone comes out as LGBTI+ in their school, they will be bullied.

→ Trans people will experience **even higher levels of abuse and discrimination.**

→ Lots more people may be targeted with homophobia, biphobia or transphobia simply for being 'different', for example because of the way they look or dress, their interests or the things they talk about or share online.

We all have a role to play in tackling bullying, creating a kinder environment and staying safe online.

That's why Facebook and BeLongTo Youth Services have joined forces to:

→ **Give you the support and confidence** to report and challenge homophobia, biphobia and transphobia online.

→ **Provide information on Facebook's safety policies** and tools to help keep you safe.

Homophobic, biphobic and transphobic bullying and abuse can have a devastating impact on a person's self-esteem, achievements and mental health. In Ireland, **one in four** LGBTI+ young people missed school to avoid negative treatment as a result of being LGBTI+.

However, more and more **young people, teachers and principals are joining BeLong To's Stand Up Awareness Week** and holding activities that build LGBTI+-friendly schools. 82% of parents support LGBTI topics being taught in class and a majority of students support the inclusion of trans young people in their schools.



WHAT CAN YOU DO?

Homophobic, biphobic and transphobic language and abuse is as important to challenge online as it is anywhere else.

However, whether it's the casual use of the word gay to mean 'rubbish' written at the bottom of a photo, or a specific term of abuse, it's not always easy to know what role **we can or should play** in challenging it, or **how to go about it**.

Sometimes we have some doubts about what to do:

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- Which words do I use to challenge what I've experienced or witnessed?

 - Will I receive a negative response from others?

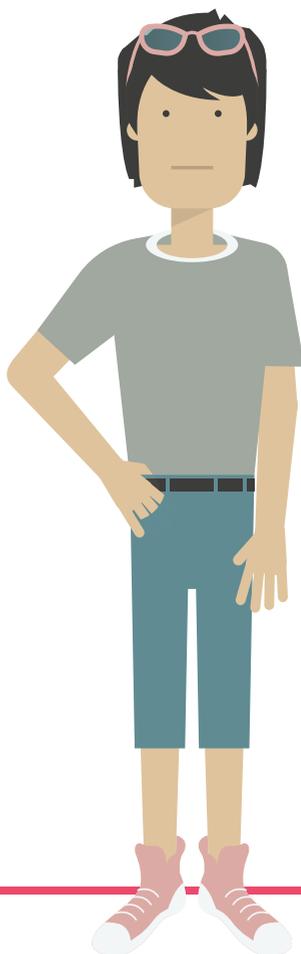
 - Should I reach out to support this person? They might not have found it offensive. I don't know them very well.

Many of the tips and tools found below can be accessed, along with guides and advice, on Facebook's Bullying Prevention Hub and Privacy Basics Centre.

It's not just about tackling abuse, but also about making online spaces safe and welcoming for everyone.

Remember others are tackling this too.

It's not just you. An Garda Síochána and the Irish government are taking steps to make sure we have the confidence to speak up about negative things we see online and feel empowered to use the internet in a positive way. Many schools, universities and colleges across Ireland are training staff to tackle bullying and talking to students about how to stay safe online.



HOW YOU CAN MAKE A POSITIVE DIFFERENCE ONLINE

HEAR IT, STOP IT, DON'T BE A BYSTANDER

Stand up for others if you see them being targeted online, don't be a bystander – support your friends, demonstrate that you're by their side. Join BeLong To's annual Stand Up Awareness Week campaign and take a stand against LGBTI+ bullying both online and offline. Visit www.belongto.org to find out how to take part.

KEEP IT POSITIVE

If you think a photo is nice, make sure to 'like' it, or leave a supportive comment or emoji if you like an article your friend has shared. Diffuse negative posts with positive language or images or humour. Why not post or share messages of support for LGBTI+ friends, organisations and causes too?

THINK TWICE

Think twice before posting and consider how your own behaviour might harm others, even if unintentionally. Before you post a comment or a photo, be mindful and ask yourself if it could embarrass or hurt someone. If in doubt, don't post it - be kind.



WANT TO KNOW MORE ABOUT STAYING SAFE ON FACEBOOK?

REACH OUT AND REPORT

There is a report button on every piece of content on Facebook, meaning that you can report anything that makes you feel uncomfortable. When something gets reported to Facebook, a global team reviews it and removes anything that violates these terms. To learn how to report and what happens when you click report, click here fb.me/Reporting

KNOW YOUR AUDIENCE

Facebook allows you to control exactly who sees what on your profile and who you share things with. The Privacy Basics and Privacy Checkup tools talk you through the steps to control the information you share on your profile, whilst the audience selector tool allows you to control who sees what you share. Use the custom option to be as specific as you want to be about who you're sharing with. Remember, when you post to another person's Timeline, that person controls what audience can view the post. Additionally, anyone who gets tagged in a post may see it, along with their friends. To learn more about selecting audiences, visit fb.me/AudienceSelector

FRIEND AND CONNECT WITH PEOPLE YOU KNOW AND TRUST

Facebook is a place for connecting with people you know personally, like your friends, family and classmates. Facebook is based on authentic identities, where people represent who they are in the real world. This helps you know with whom you're connecting. Some individuals may set up fake profiles or impersonate friends but fake profiles will be quickly removed if reported.

If you receive a friend request from someone you are already friends with, ask if they sent the new request before accepting it. If they didn't create it, report the impersonating profile to Facebook. If you want to meet new people through Facebook, try connecting with Pages and groups that interest you. You can also choose to limit who can see your friend list if you are worried about your friends and family being contacted by someone. To learn more about adding friends and friend requests, visit fb.me/FriendRequests

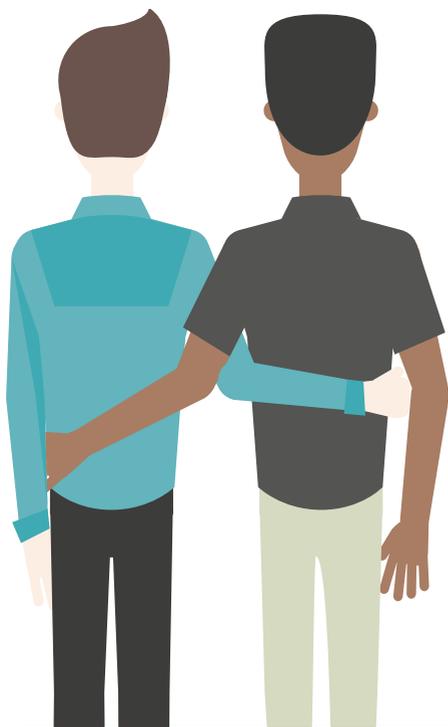
UNFRIENDING

To unfriend someone, go to that person's profile, hover over the Friends button at the top of their profile and select Unfriend. If you choose to unfriend someone, Facebook will not notify the person but you'll be removed from that person's friends list. If you want to be friends with this person again, you'll need to send a new friend request. To learn more about removing friends, visit fb.me/Unfriending

BLOCKING

Blocking a person automatically unfriends them, and also blocks them so they can no longer see things you post on your profile, tag you, invite you to events or groups, start a conversation with you, or add you as a friend. Blocking is reciprocal, so you also won't be able to do things like start a conversation with them or add them as a friend. When you block someone, we do not notify them that you have blocked them. To learn more, visit fb.me/Blocking

KNOW YOU'RE NEVER ALONE



KNOW WHERE YOU CAN GET HELP

Get help if you feel overwhelmed. Report to Facebook or speak to someone you trust - a friend, parent or guardian or teacher. Remember BeLonG To Youth Services provides support, information, and advice for LGBTI+ young people across Ireland. You are not alone.

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland



belongto.org

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