

Other Online Resources

Cyberstalking Laws

haltabuse.org/resources/laws

Spamcop (free)

spamcop.net

AVG Antivirus

http://free.grisoft.com

ZoneAlarm

zonelabs.com

Scambusters

Scambusters.org

Tauscan Outpost

agnitum.com

Stalking Resource Center

Ncvc.org/src

McAfee Firewall/Antivirus

mcafee.com

Internet Crime Complaints

www.ic3.gov

Norton Internet Security

symantec.com

Urban Legends

snopes.com

Net Crimes

netcrimes.net



**Don't become an
online victim**

About WHO@

WHO@ (Working to Halt Online Abuse) is the oldest online safety organization dedicated to helping adult victims of cyberstalking and online harassment. Founded in February of 1997, WHO@ is also the only organization to provide the most up-to-date cyberstalking statistics. Their president, Jayne A. Hitchcock travels the country training law enforcement and other about cybercrime, how to track down cybercriminals and how to work with victims. WHO@ has grown to include the KTD (Kids/Teen Division) at haltabusektd.org.

Her latest book, **NET CRIMES & MISDEMEANORS 2nd edition**, published by CyberAge Books, is available in bookstores everywhere (netcrimes.net).

For more information, you can reach WHO@ at www.haltabuse.org, via e-mail at whoa@haltabuse.org, or P.O. Box 782, York, Maine 03909.

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Use Cyber Street-Smarts



- Use a **gender-neutral** username/e-mail address
- Use a **free e-mail** account such as Hotmail (www.hotmail.com) or YAHOO! (www.yahoo.com) for newsgroups/ mailing lists, chat rooms, IMs, e-mails from strangers, message boards, filling out forms and other online activities
- **Don't give** your primary e-mail address to anyone you do not know or trust (see above)
- **Don't** put too much information in your profile, especially on social networking sites. Be careful what you post!
- **Change** your preferences/options so that only the people/friends you approve can view your profiles, IM, etc
- **Lurk** on newsgroups, message boards/forums and chat rooms before "speaking" or posting messages
- When you do participate, **be careful** -- only type what you would say to someone's face
- **Don't be too trusting** online - don't reveal personal things about yourself until you really and truly know the other person
- **Your first instinct** may be to defend yourself - DON'T - this is how most online harassment situations begin
- Don't fall for **phishing e-mails** that claim your account has been suspended or needs to be updated - it's a scam!
- **If it looks too good to be true -- it is**
- For more online safety tips and FREE help, go to haltabuse.org/help



Where to go for help if you need it:

1. **KEEP EVERYTHING!** Don't delete messages, chat logs, etc. Place them in a separate folder on your hard drive or diskette/zip disk, CD, DVD etc and print out a hard copy
2. Call your local police, whether city, county or province - ask for the Computer Crimes Unit or someone who handles online incidents
3. Call the state police (or equivalent)
4. Call the FBI Computer Crimes unit in your area (or equivalent) **ONLY** if you've received a direct death threat or threat of physical harm
5. When speaking to law enforcement, be calm and know your facts - who, what, when, where, and, if possible, why. . .and keep it concise
6. If the above fails, try these online resources:

WHO@

Working to Halt Online Abuse

WHOA (Working to Halt Online Abuse)
www.haltabuse.org

WHOA-KTD (Kids/Teen Division)
www.haltabusektd.org

Cyberangels
cyberangels.org