

## Blog

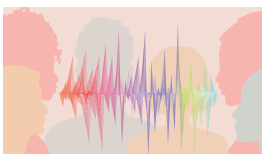
Consider sharing more in-depth messages with your community online through a blog. Post as frequently as you wish, with a goal of at least once a month. Be sure to provide a link to your blog on your Facebook, Twitter and other social media pages.

### ***Steps to an Engaging Blog Post***

- Target your audience by using an appropriate reading level and relevant content.
- Check your facts. Use only statistics that come from reliable sources, and cite them.
- State your main points in your introduction and again in the conclusion.
- Limit your post to no more than 750 words.
- Time the release of your blog

### ***Ideas for Blog Posts***

- Information for crime victims, such as crime victim compensation or victims' rights.
- Details about an upcoming event or a recap following an event.
- Awareness days, weeks, and months.
- Suggestions for self-care.
- Personal stories, including suggestions for self-care and how victims used local resources to assist in their recovery.
- Lists of important resources and services.
- Relevant interviews with important local officials or executives in the organization.



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## Sample Blog

### Online harassment and abuse may be more common than you think.

Modern communication technology has brought us closer together. We can instantly look up information and connect with loved ones and people across the world. But with those benefits comes an unfortunate truth: People use the same technology that connects us to engage in unwelcome communication and criminal behavior.

The startling truth is this: 33% of U.S. women and 11% of U.S. men under age 35 report being sexually harassed online, according to the Pew Research Center's "The State of Online Harassment" report, published in 2021. Sixty-six percent of LGBTQ+ internet users report being harassed online, with 54% reporting severe harassment, according to the Anti-Defamation League's 2022 survey "Online Hate and Harassment: The American Experience."

According to Pew, as many as 41% of Americans have experienced some form of online harassment. And 25% of those responding to Pew's survey, conducted in 2020, reported experiencing severe online harassment, such as physical threats or cyberstalking.

*[Insert any local statistics here.]*

Online abuse and harassment can take many forms, including cyberstalking, publishing someone's private information with ill intent (doxing), sextortion, threats of sexual violence and other harm, distributing intimate images online without consent, intimate partner abuse through communication devices and more. While most online harassment occurs on social media, it can also involve texting or messaging apps, email, gaming platforms, dating apps and forum or discussion sites, according to Pew.

In June 2022, the Biden administration established the **White House Task Force to Address Online Abuse** to make recommendations about how to address online gender-based violence. At an October 2022 roundtable convened by the White House Gender Policy Council, Domestic Policy Council and the Department of Education, youth survivors of online abuse shared their experiences and offered recommendations to the Task Force to Address Online Harassment and Abuse. Survivors emphasized how online abuse created severe mental health impacts and physical harm. Other impacts discussed include the lasting effects, well into adulthood, of child sexual exploitation online, and increasing teenage suicide rates.

We must continue to support victims, hear their concerns and connect them with appropriate resources. The **National Sexual Violence Resource Center** offers guides on how to report social media abuse, protect yourself digitally from stalkers, attempt to remove non-consensual images from the internet, mitigate harassment and more.

*[Insert local organizations, law enforcement agencies and other sources of assistance and support here.]*

To be heard is important. To be listened to fully is an imperative. To take action is a must.

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