



HAW
HAMBURG

**POST
NO
HATE**

**Respecting
one another**

ONLINE DISCRIMINATION

How should I deal with online discrimination?

The Internet holds great promise for more discussion and debate, as well as for democratic opinion-building. Socially disadvantaged groups can become more visible and network online. At the same time, these groups are especially subjected to outrage and hate campaigns online. The anonymity and openness of the Internet makes discrimination, harassment, bullying and hate speech possible.

Here you can find some tips for confidently navigating the Internet and protecting yourself more effectively from online discrimination.

Don't be too quick to share your personal information online – for instance:

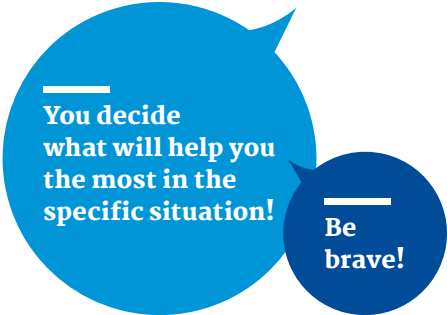
- Your name, address and contact information
- Private photos
- Your social media accounts

Protect yourself when you make public statements:

- Use a pseudonym.
- Set your accounts to 'private'.
- Use separate profiles – e.g., a public and a private profile.
- Connect with groups of like-minded people on social media and let them speak for you if necessary.
- Follow the accounts of like-minded individuals and groups.
- Use hashtags like #metoo or #metwo that raise awareness of your experiences of discrimination.

If you are subjected to attacks online, you can:

- Ignore the comments.
- Block the person.
- Report the person to the Internet platform in question. This way you remain anonymous.
- Manually remove insulting or discriminatory comments or ask someone else to do this for you.
- Create private lists and groups.



**You decide
what will help you
the most in the
specific situation!**

**Be
brave!**

If you experience online discrimination from your colleagues or fellow students, this is the best way to proceed:

- Keep a written record of all interactions where discrimination takes place.
- Save discriminatory emails or make screenshots of them. Save these in a private location as a precaution in case they are deleted by your employer.
- Find witnesses to support and corroborate your position.
- Get support from HAW Hamburg's advising services:

[HAW-HAMBURG.DE/EN/STUDY/ADVISING/](https://haw-hamburg.de/en/study/advising/)

(for students)

If you witness online discrimination, you can:

- Point out the discrimination.
- Contradict, argue, clarify, confront.
- 'Like' other people's counter-arguments.
- Look for allies (friends, other commenters).
- Tag and link to solidarity initiatives (e.g. #iamhere).
- Document discriminatory posts with screen shots and report them.

**Moral
courage
online!**

**When you take
a stand, you set a
good example for
other readers who
are staying quiet.**


ADDITIONAL INFORMATION

How to change your gender identity online:

- Delete all your social media accounts.
- Create new accounts that list your current gender identity.
- Contact websites that list your 'old' gender identity and ask them to change the information about you.
- If you are unsure what information about you can be found online, use a search machine to search for yourself.

HAW Hamburg
Equal Opportunities Office
Berliner Tor 5
20099 Hamburg

**HAW-HAMBURG.DE/EN/RESPECTING-
ONE-ANOTHER**



**Be brave and stand
up to online attacks.
By doing so, you
can be a role model
for others.**

**HOCHSCHULE FÜR ANGEWANDTE
WISSENSCHAFTEN HAMBURG**
Hamburg University of Applied Sciences
