

Are you experiencing tech-based abuse in the workplace?



Technology is changing how we work, and that means we need to be prepared for new challenges – including online abuse.

What is tech-based abuse?

Tech-based abuse is when someone uses digital platforms, services or devices to bully, harass, threaten, intimidate or humiliate another person.

It can come from a manager, a coworker or a third party, like a client, customer or community member.

These behaviours can affect anyone, but often disproportionately impact women and marginalised communities including LGBTIQ+ and gender-diverse people.

This behaviour should never be considered part of your job.

What can tech-based abuse in the workplace look like?

Privacy violations

- You're being monitored or stalked through workplace technology like calendars or location-sharing
- Your private information is being shared online without your consent (also known as doxxing)
- Your work accounts are being hacked or accessed without permission

Online harassment and bullying

- Abusive comments are being posted on your work or business social media accounts
- Someone is harassing, threatening or intimidating you through emails, messages or online posts
- Someone is making prejudiced online comments based on your gender, sex or sexuality

Impersonation and reputational harm

- Someone has created a fake profile of you to discredit or damage your reputation
- A deepfake or digitally-altered image or video has been made to falsely show you doing or saying something you didn't

Sexual harassment and image-based abuse

- Intimate images or videos of you are being shared without your consent
- You've been sent unsolicited sexual images or asked for nude images – this is sexual harassment

You are not alone.

Tech-based abuse can happen to anyone – even at work.

If you believe you are experiencing tech-based abuse, know that you can report it to

{insert reporting pathway and/or support services & logo below or delete}



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