

How can I protect my digital safety and privacy?

Women spend a significant part of their lives online: communicating, studying, working, applying for opportunities, and sharing personal experiences. Digital spaces can create opportunities for learning and connection, but they can also expose users to risks such as cyberbullying, online harassment, scams, identity theft, manipulation, misinformation, and privacy violations.



Many harmful online situations begin subtly. Someone may pressure a young woman to share private information, send repeated unwanted messages, misuse photos, spread rumors, or create fake opportunities designed to collect personal data. Women may also feel pressure to stay constantly available online or compare themselves to unrealistic standards. Digital safety includes:

- protecting passwords,
- understanding privacy settings,
- recognizing manipulative online behavior,
- verifying online information,
- and knowing when to block, report, or seek support.

Every person has the right to feel safe online and to protect their personal information, boundaries, and emotional wellbeing.

Learning basic digital safety skills can help women feel more confident, informed, and protected online. Taking small safety steps online can reduce stress and help women feel more in control of their digital lives.

Knowing when to block, report, or ask for support is an important part of online wellbeing.

Staying informed online can help you stay safer.



Did you know?

Many social media platforms and online services allow users to block, report, restrict, or hide harmful interactions to improve digital safety.



Reflection

Have you ever felt uncomfortable, pressured, or unsafe online but were unsure how to respond or where to seek support?



HERIZON PROJECT

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