HOW TO USE THIS QUESTIONNAIRE

1. Read through the questionnaire
2. Consult the infographic at the end of the assessment to calculate the number of points
3. The higher the number of points you have the greater the risk
4. Consult with experts in online abuse in order to better protect yourself and your data
5. Look at our suggested resources section at the end of this guide for more information

QUESTIONNAIRE EVALUATING THE THREAT FROM ONLINE ABUSERS

Part 1

Is the online abuser lashing out or trying to diminish the content of your posts?  

If so, they are not really attacking you, they are attacking your thoughts. This is likely because the content of your posts made them feel insecure.

In some cases, drug and alcohol abuse may be a factor in the online attacks. Check the time and day when the attack occurs. Is it happening late at night or on the weekend? If so, alcohol and other drugs are likely to be involved.

Part 2

Are they attacking your gender, ethnicity, sexual orientation, profession, or socio-economic level?  

If so, they are likely to be envious of your status or of how many followers you have.

Q1: Is this person part of an extremist group? (Y/N)  

Q2: Does this person seem highly-educated? (Y/N)  

Q3: Does the abuse contain sexual threats? (Y/N)  

Q4: Does the abuse contain comments about your gender, ethnicity, or sexual orientation?

Part 3

Are they frequently sending violent messages?  

In general, the more messages someone sends the less likely they are to act on them. From a psychological standpoint the more someone talks about something the less inclined they are to carry out that action.
Part 4

Is the online abuser threatening to do something, or are they a direct threat to your life?  

If so, how much does this person know about you?

Q1: Do they have specific information about your location, for example your home address?  

Q2: Does the abuser have information about your family; for example, photos or contact details?  

Q3: Do they have an idea of your daily routine; for example, where you work, or go shopping?  

In this case, it is a good idea to seek help from specialized organizations against online violence, such as the International Women’s Media Foundation.

Remember that a threat to your life or to do you harm may not be real, but you should take the necessary steps to protect yourself. Consult the resource section at the end of this guide for further support.

**TROLLING**  
Abuser is seeking attention, approval or notoriety  
1 POINT

**LASHING OUT**  
1 POINT

**ATTACKS ON YOUR GENDER, RACE, ETHNICITY, SEXUAL IDENTITY, PROFESSION**  
2 POINTS

**FREQUENCY OF THE MESSAGES**  
+1 Frequent messages  
+2 Messages sent after a specific action, for example after publishing a story or interviewing someone

**TARGETED ONLINE ABUSE**  
2 POINTS

Specific attacks against you

Attacker discloses personal information about you that is not found in your publications  
3 POINTS

Specific threats  
3 POINTS

The higher your total score, the greater the risk you are facing

This is a quick assessment that should help you establish whether you need professional help.

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