Intersectional perspectives on the cyber hate

All advice for the category Intersectional perspectives on the cyber hate.

# 1. Counteract cisnormativity

Cisnormativity is the assumption that there are two genders (woman and man) and that everyone identifies with the gender that they were assigned at birth. Don't assume people's gender. Instead, ask for their pronouns.

# 2. Everyone has the right to their own personal integrity

It's good to be curious, but do not ask personal or private questions based on your assumptions about the person's culture, ability, gender or backgrounds based on their appearance. Google to learn more!

# 3. Report offensive posts and comments to administrators

If you read offensive and inappropriate posts or comments on social media, you can always report this to the administrators

# 4. Understanding how exotification is experienced

Think about the last time someone had prejudices, preconceived notions, or thought that they knew something about you – how did it make you feel? Be aware and do not subject other people to similar treatment. People who are exotified experience this almost on a daily basis, and it is tiring.

# 5. Having privileges in relation to others

Think about who you are and what privileges this leads to in relation to people who are often subjected to exotification, i.e. ethnic minorities, people who are racialized as non-white, people with disabilities, trans people or other LGBTQ+ people.

# 6. Never demand answers from people

Just because you do not have the knowledge or you want to know more about people who are exotified because its exciting or interesting, you do not have the right to demand answers about their lives or their background, or pressure them to explain more about the group that you are categorizing them in. Google instead!

# 7. Ask for help to deal with cyber hate!

You're not alone. If you want help dealing with cyber hate in the comment section, contact the facebook group #jagärhär to get help and support from the good forces at work for a good and open internet climate.

[#jagärhär's facebook page](https://www.facebook.com/groups/548170525365320/)

# 8. Ask the person to stop - maybe

Even if it can be difficult or threatening, it may be good to ask the person to stop or stop trying to contact you. Do not do this if you feel like it will put your safety at risk. The reason this is important is because when you file a police report, it is often required that you have made the person understand that their behavior is unwanted. However, for women and other marginalized groups, especially trans people, it can be dangerous to speak up and say no. Trust your instinct. Contact the police or other support services right away.

# 9. Block and protect your social media

[Check out our guide.](https://nathatshjalpen.se/en/k/protect-my-accounts/)

# 10. Don't comment on other people's appearance, bodies, or expressions

Don't give people compliments based on physical attributes. Just like how no one with breasts ever likes to hear "nice breasts" from a total stranger, people who often experience exotification don't like to hear comments on their bodies, disabilities, skin tone, hair or style – even if your intentions are good.

# 11. Counteract fixation on exercise and the body

Do not objectify people. Don't comment on other people's bodies, appearances, or expressions.

# 12. When you have exotified someone

If someone points out that you have exotified them, do not become defensive. Listen, accept the criticism, and apologize. Do not excuse the situation and do not try to convince the person that you didn't mean any harm. Being defensive and in denial only makes it more difficult to save the relationship or move on from the situation.

# 13. If you are not listened to

If you are not listened to, there are many special interest organizations that work specifically with the grounds of discrimination or minority perspectives. Move forward and seek support from these organizations, you are not alone! It's common that minority perspectives are not understood, this is called gaslighting.

[Our support page is organized based on different issues, check out who you should contact](https://nathatshjalpen.se/en/support/)

[Gaslighting](https://nathatshjalpen.se/en/a/hate-crimes/)

# 14. File a police report!

File a police report, even if it does not lead to a charge, it’s important to report so that statistics can show that the internet is for real.

[File a police report](https://nathatshjalpen.se/en/crime-report/)

# 15. Gather digital evidence

Document and save everything that can be used to investigate what has happened.

[Guide: Gather digital evidence](https://nathatshjalpen.se/en/a/gather-digital-evidence/)

# 16. Stop destructive masculinity norms

If someone expresses themselves in a racist, homophobic, sexist or offensive way, tell them off – even if they are your friend. You can question them by saying: what do you mean by that?

# 17. Never answer in affect!

Never answer in affect. Don't answer the person who is attacking you by attacking them back. Just ask them to stop. A lot of the time you don't want to answer at all, which is more than understandable. But to file a police report, it can be important that you can prove that you asked the person to stop, even when it comes to sexual harassment.

# 18. Take your mental health seriously

Put your mental health first. Sometimes, it can be important to take a break from social media accounts. Let someone else take care of or clear out your social media.

[Support and help](https://nathatshjalpen.se/en/support/)

# 19. Why are you exposed?

If you suspect that it is happening because of who you are based on race/ethnicity, religion, sex, transgender identity or expression, disability, sexuality or age – it can be unlawful discrimination, sexual harassment, a hate crime or hate speech.

[Hate crimes](https://nathatshjalpen.se/en/a/hate-crimes/)

[Harassment](https://nathatshjalpen.se/en/a/harassment/)