

Näthatshjälpen

- let's say #NoToOnlineHate

Contacting Näthatshjälpen is a quick way to get help if you have been the victim of online hate or abuse. We provide information on different forms of online hate and specific tools for dealing with online hate as an individual, family member or member of an organization. Näthatshjälpen also has a form for you to fill in if you want to report an online hate crime to the police.



What is online hate?

Online hate is not a legal term, but a collective term for various acts committed on the Internet which are, for example, offensive, threatening or hateful. Some types of online hate constitute a crime, others don't. At Näthatshjälpen and Prinsparets Stiftelse, we want to make it perfectly clear that what you feel is online hate is the most important thing in determining what online hate is. Although not everything that is found to be online hate is illegal, it can still be unpleasant or hurtful, and you are always entitled to support and help when it occurs.

How the police describe online hate:

"Online hate refers to threats and harassment on the Internet. For instance, if someone offends, harasses or threatens someone else online, for example, on social media or in an email. A crime is committed not only by the person who has posted or sent an offensive image or comment, but also by those who spread it by sharing or retweeting it. Some messages and posts can be annoying, offensive and threatening without being illegal. But if you think the threat could become real and you feel afraid, or if the offensive content is serious, you should report it to the police".

What counts as an online crime?

It's not always easy to tell whether what you have experienced is a crime or not. However, a good rule of thumb is that what is illegal offline is also illegal online.

N.B.! You don't have to be sure you've been the victim of a crime to report it to the police. If you report something to the police, it is their responsibility to investigate what happened.

Here are some examples of what can count as an online crime



- **Writing offensive and derogatory information about someone** and sharing it online can be defamation.
- **Directing an offensive comment at a person**, for example by sending a text message with offensive content about their sexual orientation, can constitute the crime of libel.
- **Sending nudes** to someone who hasn't asked for them can be sexual harassment.
- **Pestering someone to send nudes** when they don't want to can be sexual harassment.
- **Sharing a picture of someone in the shower** can be an invasion of privacy.
- **Bombarding a person who doesn't want to be contacted with text messages** or other messages can be harassment.
- **Writing derogatory comments about someone's skin color, gender or sexual orientation** can constitute incitement to racial hatred.

What makes an act a crime?

There are a number of different aspects to an act, which may explain why some online acts are considered criminal, either individually or collectively. If the act involves several of these aspects at the same time, for example if an image with offensive content is shared with many people without the consent of the person in the image, this can also make the crime more serious.

- **Content**

If the content of a text, image or video is inherently offensive, threatening or hateful, for example because it contains abusive words, insults or hateful symbols.

- **Volume and frequency**

If you get so many messages or get them so often that you find it unpleasant or disturbing.

- **Awareness**

If you receive messages even though you've told the person you don't want any contact with them.

- **Dissemination**

If a private image or information about you is disseminated to a large number of people, or to a group of people you associate with, this can have a significant impact on the seriousness of the crime.



When we talk about the law and justice in relation to the Internet, it's important to clarify that, in the eyes of the law, it makes no difference whether a criminal act is committed online or offline. It is a crime to threaten someone in a message online just as it is illegal to threaten them on the street.

What do you do if you fall victim to online hate?



Prinsparets Stiftelse works primarily with children and young people, but the site is there for anyone who has been the victim of online hate – whatever their age. We are not a support organization, which means we cannot deal with individual cases or complaints. Therefore, if you or someone close to you has experienced online hate and needs support, we encourage you to contact one of the many organizations that offer this. We have collected the contact details of organizations that specialize in different forms of vulnerability.

Bris

Open every day, 24 hours a day

Bris, Barnens rätt i samhället, is one of Sweden's leading children's rights organizations that continuously fights for a better society for children. Bris offers free and anonymous support for anyone under 18.

Chat and email via [bris.se](https://www.bris.se) or call and text 116 111. Adults can also contact Bris on 0771-50 50 50 if they are worried about their own or other people's children.

Brottsofferjouren

Monday-Friday 9 am – 7 pm,
weekends 9 am – 4 pm
(closed for lunch 12 pm – 1 pm)

Brottsofferjouren is a non-profit organization that works for the rights of all victims of crime and is there to help if you have been affected by a crime, witnessed a crime or know someone who has been subjected to a crime.

Brottsofferjouren provides counseling and can help you with police reports, interviews and legal proceedings.

Humanitas

The anti-discrimination agency Humanitas is one of Sweden's 18 local anti-discrimination agencies. It is a non-affiliated and religiously independent, non-profit association, whose purpose is to work against all forms of discrimination and promote equality. The consultation services include free legal advice and legal support for people who feel they have been discriminated. You can seek advice from Humanitas by email or phone. Their lawyers work under a confidentiality agreement. You can also find support from the other local anti-discrimination offices on the website.

At Näthatshjälpen, you can submit an online report of the crime you have experienced. You can do this using the link below.

[To the Police Report Tool](#)

Strengthening online security

Report on the platform, in-game or in-app

Different platforms and apps have ways to report inappropriate content and behavior on them. You may want to consider taking a screenshot or saving the link to what you have experienced, so that the material is kept as evidence even if the platform takes it down after a report. Here you can find links to guides on the most common social media channels:



- [Facebook](#)
- [BeReal](#)
- [Discord](#)
- [LinkedIn](#)
- [Instagram](#)
- [Messenger](#)
- [Pinterest](#)
- [Reddit](#)
- [Snapchat](#)
- [Roblox](#)
- [TikTok](#)
- [Twitch](#)
- [WhatsApp](#)
- [YouTube](#)
- [X](#)

Report from school

If you are under 18 years old and have been the victim of online hate or abuse, it's important that you tell an adult. It is the school's responsibility to ensure that nobody is harassed or discriminated against. This applies whether you're in school, on your way to school, or doing something online related to school.

Tell a teacher, your school counselor, school nurse or principal if you experience online hate or abuse. The school has a duty to find out what happened and do what they can to help you. The school should also help the perpetrator to stop if they go to the school, and report the incident to the police if it is illegal.



About us

Näthatshjälpen was initiated and created by Make Equal, funded by MUCF (the Swedish Agency for Youth and Civil Society). Since October 2024, the site has been run by the Prinsparets Stiftelse with the support of Tele2.

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nathatshjalpen.se