



Social Media and Privacy Tips for Sexual Assault Survivors

Social media websites and applications collect and share personal information in different ways. Once that information is released, it's difficult to control. The following are tips for using social media while making sure your private information stays private.

Know the privacy policies of websites requiring personal information: Facebook, Twitter, Google+, FourSquare, YouTube, Flickr, LinkedIn, College Websites, Reviews/Blog Posts, Dating Sites, Blogs and Apps.

Understand how websites collect and share personal information through the following: Applications and games, location-based, photo tagging and face recognition, status updates and Tweets, personal profiles, reviews of restaurants, businesses and movies, political contributions, house listings, address and phone directories, professional recommendations and results of athletic competitions.

Basic Internet Privacy Tips:

- Run anti-virus and anti-spyware software regularly
- Use unique passwords and security questions and change them often
- Be aware of the security settings on shared computers used at work, school or the library
- Report security violations and problems to website owners
- If applying for a restraining order, include language to address technology

Online Social Networking Privacy Tips:

- Review the privacy policies of the company
- Check privacy settings regularly as they change frequently
- Always check your settings after receiving a privacy update message
- Disable location settings
- Disable facial recognition settings
- Keep your email and phone number private
- Only accept/invite "friends" who you know personally and ignore or block others
- Determine whether "friends" of "friends" can see/access your information/photos
- Require your permission before someone can "tag" you in a post or a photo
- Restrict information others can use about you in applications, games and websites
- Review privacy settings of professional websites (e.g., LinkedIn or professional associations), especially if perpetrator was a co-worker or in the same industry
- Be aware if sites share personal information with advertisers

Keeping Your Personal Information Private:

- Make your accounts private and monitor them regularly
- Have an "extra" personal email account with an address that does not include your name or other personal information
- Do not share your full birthday or specific geographical identifiers
- Remove contact information from employer and school webpages and directories
- Search for your name and review website policies focused on collecting information (e.g., Spokeo, White Pages, ZoomInfo, MyLife, Switchboard, Zillow, etc.)
- Request that your information be removed from the websites listed above

The Victim Rights Law Center (VRLC) is the first nonprofit law center in the nation solely dedicated to serving the needs of rape and sexual assault victims. Our mission is to provide legal representation to victims of rape and sexual assault to help rebuild their lives and to promote a national movement committed to seeking justice for every rape and sexual assault victim.

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