Other Online Resources

Cyberstalking Laws
www.haltabuse.org/resources/laws

AVG Antivirus
www.grisoft.com

ZoneAlarm
www.zonelabs.com

Yahoo Chat
chat.yahoo.com

Tauscan Outpost
www.agnitum.com

Yahoo Search
www.yahoo.com

McAfee Firewall/Antivirus
www.mcafee.com

The Ultimates
www.theultimates.com

Norton Internet Security
www.symantec.com

Urban Legends
www.snopes.com

Net Crimes
www.netcrimes.net

Don't become an online victim

About WHO@

WHO@ (Working to Halt Online Abuse) is the oldest online safety organization dedicated to helping adult victims of cyberstalking and online harassment. Founded in February of 1997, WHO@ is also the only organization to provide the most up-to-date cyberstalking statistics. Their president, Jayne A. Hitchcock travels the country training law enforcement and other about cybercrime, how to track down cybercriminals and how to work with victims.

Her book, **NET CRIMES & MISDEMEANORS**, published by CyberAge Books, is available in bookstores everywhere (www.netcrimes.net).

For more information, you can reach WHO@ at www.haltabuse.org, via e-mail at whoa@haltabuse.org, or P.O. Box 696, Dover, NH 03821-0696.

Use Cyber Street-Smarts

- Use a **gender-neutral** username/e-mail address
- Use a **free e-mail** account such as Hotmail (www.hotmail.com) or YAHOO! (www.yahoo.com) for newsgroups/mailing lists, chat rooms, IMs, e-mails from strangers, message boards, filling out forms and other online activities
- **Don't give** your primary e-mail address to anyone you do not know or trust (see above)
- Instruct children to **never give out** their real name, age, address or phone number over the net without your permission
- **Don't provide** your credit card number or other information as proof of age to access or subscribe to a web site you're not familiar with
- **Lurk** on newsgroups, mailing lists and chat rooms before "speaking" or posting messages
- When you do participate online, **be careful** -- only type what you would say to someone's face
- **Don't be so trusting** online - don't reveal personal things about yourself until you really and truly know the other person
- **Your first instinct** may be to defend yourself - DON'T - this is how most online harassment situations begin
- Don't fall for **phishing e-mails** that claim your account has been suspended or needs to be updated - it's a scam!
- ***If it looks too good to be true -- it is***
- For more online safety tips, go to **www.haltabuse.org/help**

Where to go for help if you need it:

1. KEEP EVERYTHING! Don't delete messages, chat logs, etc. Place them in a separate folder on your hard drive or diskette/zip disk, CD, etc and print out a hard copy

2. Call your local police, whether city or county - ask for the Computer Crimes Unit or someone who handles online incidents

3. Call the state police

4. Call the FBI Computer Crimes unit in your area ONLY if you've received a direct death threat or threat of physical harm

5. When speaking to law enforcement, be calm and know your facts - who, what, when, where, and, if possible, why & keep it concise

6. If the above fails, try these online resources:

WHO@
Working to Halt Online Abuse

WHOA (Working to Halt Online Abuse)
www.haltabuse.org

Safety Ed International
www.safetyed.org

Cyberangels
www.cyberangels.org