

WHAT IS THE LONG CUT?

The Long Cut isn't really about a haircut, it's about respect. The Long Cut is your guide to technology facilitated abuse. Even if you've never heard that term, you're probably more familiar with it than you realise. Ever heard of trolling? What about revenge porn? Those are all forms of technology facilitated abuse and this guide can help you stop it.

The things we talk about in this guide may not exactly be the most pleasant things to chat about, but they are really important. Technology is a part of our daily lives. It lets us connect with people, pay our bills, and do our work, but it can also be used to harass, stalk and abuse people. So, it's important that we know how we can recognise and prevent it.

Sit back, read through the pages of this guide, and join us on this journey to understand and tackle technology facilitated abuse head-on. Together, we can create a safer digital space for everyone.



WHAT IS TECHNOLOGY FACILITATED ABUSE

Technology-facilitated abuse is a kind of controlling conduct in which someone uses technology to compel, stalk, or otherwise harass someone else. It's when someone is harassed, intimidated, controlled, or harmed through the internet, social media, messaging apps, or other digital platforms and devices. It may appear in a variety of ways and be difficult to identify or resolve.

It's crucial for boys and men to comprehend the numerous ways that technology may be used to commit abuse and how to react to it. Here are some instances of abuse made possible by technology:

- Cyberstalking is the practice of continually pursuing, threatening, or intimidating a target using the internet, social media, or other digital platforms.
- Image-based abuse:
 - Threats to release
 - Released
 - Pressured to send images
 - Receiving unwanted images
 - Sharing of personal photographs without consent is often referred to as "revenge porn," and it happens when someone publishes graphic images or films of another person without that person's permission, frequently as a form of control or vengeance.
- Any action taken online with the intent to injure, degrade, or intimidate another person is known as online harassment.
- Doxing: The act of voluntarily disclosing someone's contact information to the public, such as their home address or phone number.
- Impersonating someone online involves setting up a bogus social media account or email address in order to propagate misleading or damaging information.
- Gaslighting is the practice of defaming someone's experiences, emotions, or perceptions in order to manipulate them, often in online or digital conversations.
- Technology misuse in relationships is when a partner's behaviour is controlled or observed via technology, for as by monitoring their whereabouts or secretly reading their communications.
- Cyberbullying is when someone is bullied or harassed online, often via social media or messaging services.
- Online gaming harassment is when another player is harassed, threatened, or intimidated through voice or text chat.
- Sending unwanted or inappropriate messages to a person with the purpose to upset or disturb them is known as spamming or trolling.

We are aware that **1 in 4 Australian individuals reported engaging in at least one abusive act made possible by technology over their lifetime**. 19% of Australians have engaged in monitoring or controlling conduct, 6% have threatened or used emotional abuse, and 8% have engaged in online harassment [i]. We know that women are more likely than men to experience abuse from a man, fear for their safety following abuse online or through a digital device, with 31% of women having experienced repeated abuse from the same person and 29% of women having experienced sexual or image-based abuse [ii].



While using technology to commit abuse is never acceptable, it is important to understand the motivating factors behind this abuse. These factors include:

- Anger
- Wanting to irritate the victim
- Wanting to make the victim feel bad
- Attempting to slander the victim
- Wanting to instill fear or power.

This abuse is never acceptable. It is important to recognise that any behaviour that seeks to humiliate, hurt, or embarrass another person, especially in a public forum, is unacceptable and is considered a form of abuse [iii].

WHAT MIGHT I SEE?

Things you could observe a mate do if he is using a phone or computer to harass or threaten a woman:

- Sending inappropriate sexual messages.
- Cyberstalking, involving frequent messages or friend requests.
- Sharing private photographs or videos without authorisation.
- Online impersonation or phoney profiles.
- Tracking the victim using technology.
- Texting or posting threats of violence.
- Online victim-bashing.
- Calling or texting abusively.
- Threatening to disclose sensitive information with the victim through technology.
- Participating in online women-hate organisations or forums.

WHAT CAN I DO?

You have the power to act. Australian guys who see online abuse, harassment, or stalking of women should intervene. Watching these behaviours is not enough. You can stop harm. You must confront a friend who uses technology to follow his girlfriend, degrade women online, or threaten women. Tell them their behaviour is inappropriate and unwelcome in society. We have to work together to establish an inclusive, safe, and courteous online space. **We can stop online abuse, harassment, and stalking and improve the future by speaking up.**



Tell your buddy the picture is offensive and inappropriate. Show that you oppose sexism.



Educate: Tell your buddy why the picture is hurtful and how it affects women.



Set limits: Tell your buddy you don't want more sexist photos or jokes.



Support the victim: If you know the individual in the photo, provide help. Tell them they shouldn't be objectified or degraded.



Report the behaviour: Report the photograph to social media or the police, depending on its severity.



Raise the topic with your mate.

WHAT TO SAY TO A MATE?

It is important not to remain silent but choosing your moment to speak up and stand up is also important. Giving feedback to a mate about their abusive behaviour online can be a difficult and sensitive situation. It is important to approach the conversation in a way that is respectful, non-judgmental, and non-threatening.



Decide where and when

Find a time and location to talk to your partner without interruptions. This lets you have a focused discussion where you may listen and talk freely.



Use "I" sentences

Use "I" to provide feedback on how their behaviour affects you. "I feel uncomfortable when I see the way you talk to women online."



Be specific

Show your worries with examples. Your mate will comprehend the behaviour and its effects.



Listen

Actively listen to your mates answer while delivering feedback. This will help you grasp their viewpoint and let them express themselves.



Support

Let your mate know you care about them but that their behaviour is not OK.



Be patient

Changing behaviour takes time, so support and encourage your mate to make different choices.

CONVERSATION STARTERS

Hey, I saw your TikTok last night. Do you really feel that way? Seemed pretty disrespectful to me.

I get you're angry but posting hateful things online won't make anything better. Talk to me instead.

Have you ever heard of tech-based abuse? I saw something on it last night and it got me thinking how much this happens to people I know.

I never really thought about how bad abuse through social media can be until I heard what happened to [name]. Do you think we've ever posted things that make people feel harassed?

Those kinds of views go against what I believe in, and I can't support them.

I saw this blog about how people abuse their partners using technology. Stuff like checking their location all the time. It's scary. Have you heard of that happening?



WAYS TO RESPOND ONLINE

If your male friend posts images of women on social media, here are two things you can do:

1

You can privately message him and explain that you find those images objectifying and disrespectful towards women. You can ask him to take them down or refrain from posting similar content in the future.

2

If you don't feel comfortable messaging him directly, you can report the images to the social media platform. Most platforms have policies against posting explicit or objectifying content, and they may remove the images if they violate these policies.

If you see a sexist comment online, get sent unwanted images of a woman or text messages from your mates here is what you can say and do. Firstly, don't forward on any of the images and use some of these conversation starters or feedback:

- "That's not funny or polite. I don't want to hear you say anything like that."
- "That's a really disrespectful thing to say. You should think about how it comes across before you say anything like that again."
- "Sexism is wrong and treating people with respect is crucial."
- "I don't like sexist remarks, and I won't put up with them."
- "What does their gender or sex have to do with anything? Let's keep the conversation's topic in mind."
- We shouldn't be knocking people down because of their gender; instead, we should be encouraging and supporting one another.



Engage with the e-safety commissioner through the [eSafety website](#). The commissioner has a variety of resources available on their website, or you can report online abuse and the commissioner has powers to investigate, act and have content removed (if the platform has not already done so).

You can also call **1800 RESPECT** on **1800 737 732** or the **Men's Referral Service** on **1300 766 491**.

REFERENCES

- i. Australia's National Research Organisation for Women's Safety. (2022). *Technology-facilitated abuse: Self-reported perpetration by Australians aged 18+ [Fact sheet]*. ANROWS
- ii. Australia's National Research Organisation for Women's Safety. (2022). *Technology-facilitated abuse: Victimisation experiences by Australians aged 18+ [Fact sheet]*. ANROWS.
- iii. Australia's National Research Organisation for Women's Safety. (2022). *Technology-facilitated abuse: Self-reported perpetration by Australians aged 18+ [Fact sheet]*. ANROWS.



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