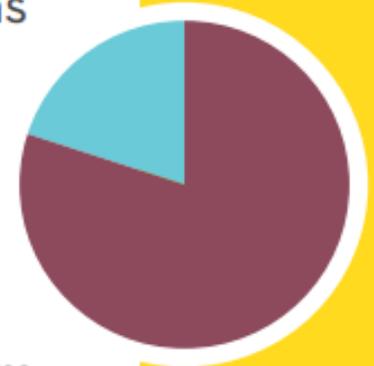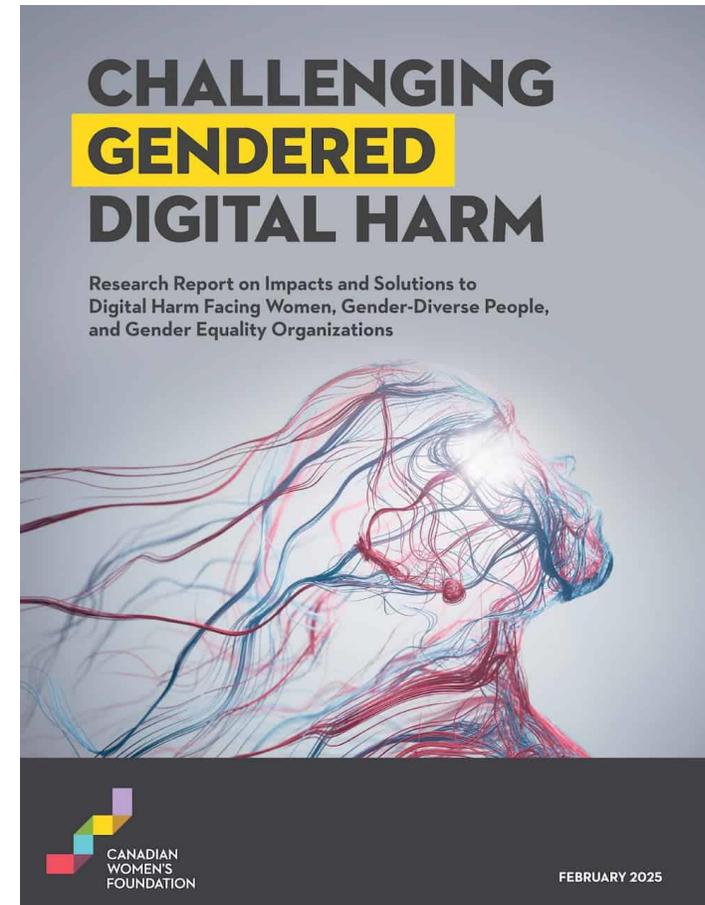# Challenging Gendered Digital Harm Project

Goals:

- Better understand how and why women and gender-diverse people in Canada experience digital harm

- Develop practical e-learning resources

- Promote systemic change

8 IN 10 gender equality organizations surveyed have had members of the communities they serve experience gendered digital harm.

Research Report: Key Findings

- Digital Harm is Widespread

- Underserved Groups Face Greater Harm

- There Are Common Types of Digital Harm

- Severe Psychological and Emotional Impacts are Reported

- Silencing and Disengagement

- Gender Equality Organizations are Under Pressure

- Platform and Legal Gaps Exist

CHALLENGING GENDERED DIGITAL HARM

Research Report on Impacts and Solutions to Digital Harm Facing Women, Gender-Diverse People, and Gender Equality Organizations

CANADIAN WOMEN'S FOUNDATION

FEBRUARY 2025

Research Report: Recommendations

- Recognize the Need for Public Accountability

- Prioritize Mental Health and Safety

- Interventions Must Have an Intersectional Focus

- Increased Resources Needed

> [Feeling safe] would mean completely being able to be yourself, to post about your feelings, to talk about political views without people threatening you. Basically, just being able to speak as if you were in a coffee shop with a friend and not have to feel that you were in danger because of what you've posted."
>
> – Woman with a visible disability

A Note on Generative AI

- AI is Amplifying Harms

- AI is Replicating Stereotypes

- AI and GBV are Linked

- Feminist AI Approaches are Needed

Developing People-Centred Tools and Resources

Reclaim Your Digital Space
The course is designed to help build digital media literacy skills and knowledge. It also offers many resources to help engage safely in digital spaces and help end gender-based digital harm.

Reclaim Your Digital Space: LEARN

- Recognize various forms of digital harm (for example, trolling, doxing, and sextortion)

- Understand the connection between GBV and digital harm

- Reflect on any digital harm that you've experienced and give yourself compassion as you consider how it has impacted you
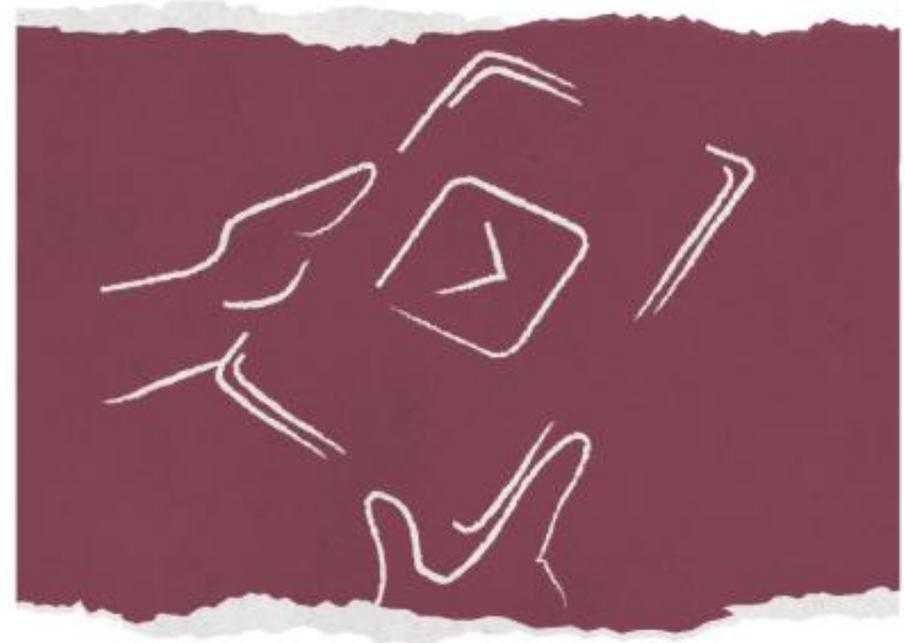
Reclaim Your Digital Space: ACT

- Improve your personal digital safety

- Choose a response to online harassment

- Manage content feeds and curate your algorithm

- Implement digital safety strategies for your organization

- Provide survivors of GBV with trauma-informed support for technology safety planning

- Make informed decisions about pursuing legal action

- Intervene safely and appropriately when you see online harassment

Reclaim Your Digital Space: CHANGE

- Draw inspiration from women and gender-diverse people who are challenging gender-based digital harm

- Get involved with organizations that are directly or indirectly working to challenge gender-based digital harm

- Call on politicians and decision makers to act

- Stay informed on relevant legislation, corporate mergers, and technological advances

https://learn.canadianwomen.org/courses/reclaim-your-digital-space-help-end-gender-based-digital-harm

Reclaim Your Digital Space

Help End Gender-Based Digital Harm

Enroll today