### CHANGING LIVES

# ONLINE HARMS AND TECH ABUSE NETREACH PROJECT

## **Q WHAT ARE ONLINE HARMS?**

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Online harm is behaviour online that may hurt a person physically or emotionally. It could be harmful information that is posted online or information sent direct to a person.

Online harm can be defined as witnessing harmful content online or experiencing harms such as intimate image abuse (also known as 'Revenge Porn'), cyberstalking, cyberbullying and exploitation facilitated through technology or online.

We offer a free, non-judgemental and person-centred approach. From one-off advice and guidance to ongoing 1-1 support including:

- Emotional support
- Online safety advice and guidance
- Safety planning
- Sexual health resources and screening
- Local referral pathways (such as mental health, support groups and recovery services)
- Personal development courses
- Therapeutic interventions and trauma recovery
- Support groups and drop-ins



## **Q WHAT IS THE NETREACH PROJECT?**



The Netreach Project is a collaborative project facilitated by Changing Lives and Social Finance that aims to support victims of online harms and tech abuse. Our work and support are primarily focused around online commercial sexual exploitation, image-based sexual abuse and online sex work.

The team operate across various locations nationally, within Changing Lives' exploitation and sex work projects;

- GAP/MAP (Northumbria, Durham and Darlington)
- York Women's Wellness Centre (York and surrounding areas)
- Amber (Doncaster)
- Red Umbrella (Liverpool)
- Iris (Wolverhampton and Walsall)

We have an online presence via social media, forums and other online communities. Our Netreach workers raise awareness of the service and support available in local areas, generating referrals to our team of Online Harms Caseworkers who offer consistent one to one support to those experiencing online harms and/or individuals selling sex/sexual services/sexual content online.

#### **CONTACT DETAILS**

For further details please contact:

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