

Advice for Individuals (Each case varies. Consider the following suggestions based on the degree of harassment you are facing. Some of these recommendations come directly from organizations like the Southern Poverty Law Center, which face these kinds of attacks all the time and are experienced at risk assessment).

1. Talk to police on campus and in your neighborhood (if you feel safe doing so).
2. Someone must read every message, and identify those that seem threatening (It is very important to give those to the campus police, local police, and FBI; at least provide them to the offices you feel safest contacting).
3. Save every message. Do not delete them. (Save them somewhere where you will not have to see them again).
4. Do not respond to emails ("responding would have done no good, it's like kicking a hornet's nest"). Harassers want you to engage with them. It can only make things worse.
5. You will need to vent, it is essential to find someone to talk to throughout this experience.
6. Seek support from people who know your work. (One woman suggests "Talk to people; spread the word. Let your community know what is going on so they can support you. Invest energy where useful and talk about it to good use").
7. It can be helpful to know others are dealing with this. Seek support from someone who has experienced this in the past.
8. Mindfulness practices were cited as very helpful by a couple of the women.
9. Take protective measures where you can. One person shut down her social media sites so there was no public access. As a frequent speaker, she removed her calendar of future speaking engagements, and registered in hotels under a false name until she felt safer. For faculty members, class schedule and location may be public, so some of these measures cannot be undertaken. In these cases, consider asking for a campus police escort, or even teaching on-line.

Ongoing work in progress. I thank the Privilege Institute and Sociologists for Women in Society for inspiring and motivating this work so that they can support faculty and other educators. Send suggestions to aferber@uccs.edu. Copyright Abby L. Ferber

REFERENCES