

During this week, you heard about different experiences and forms of harassment women journalists face online globally. You also heard about many studies that have been done to capture what's at stake, and recommendations to tackle the issue of online harassment and online safety, both for journalists targeted online but also for other stakeholders.

It is important to remember that you, your colleagues who are subject to such kind of harassment online are not isolated and alone. That there are resources, and guidelines available to address and cope with online harassment. That there are steps that can be taken and that there are organizations that can help you find the right way/method to tackle your experience and most importantly not allow for it to affect your work.

One of the hardest things for me when dealing with harassment and threats online the first time was that I did not know much about what was going on and I felt alone. I felt gutted to see that the threats were also targeting my family. I felt embarrassed. Stripped of my credibility. I felt this was the end of my career in journalism, as a trusted colleague.

But not at any point, you should feel the same. Because online harassment happening to you, is not isolated. It is happening to so many women and that it is ok to talk about the experience and share it with an audience who is not only willing to listen but also willing to take steps with you and for you.

Remind yourself of the steps you can take to protect yourself, whether it is upping your digital security game or seeking emotional support from your community of friends and colleagues.

I would like to thank you all for your attention and for joining this class. I would also like to thank my guest speakers, Jennifer Adams and Banu Guven once again who shared with us their experiences.

A reminder, that I am also leaving with you materials that you can read, and organizations that you may want to follow up with in case you need assistance or someone you know requires help.

That's a wrap from me.

Next, you will be hearing from Catherine Gicheru who will spend the next week talking about understanding privacy when dealing with online harassment. Enjoy the next week!

Good luck, and stay safe!