

Digital First Aid Kit



Quick Look

Digital First Aid Kit is a comprehensive, survivor-centered resource designed to provide step-by-step guidance and practical support for individuals experiencing digital violence.

It offers survivors clear instructions on how to respond to online harassment, abuse, or threats, including securing devices, documenting evidence, and accessing legal or emotional support. The kit helps users understand their rights and navigate recovery while maintaining privacy and safety.

Developed with input from activists and experts, Digital First Aid Kit empowers survivors to take informed actions against digital harm and supports organizations in offering effective assistance.

Features

Digital First Aid Kit offers essential resources for responding to digital violence, providing the following key features:

- **Step-by-step survivor guidance for recognizing, managing, and mitigating digital violence incidents**
- **Practical advice on securing devices, protecting accounts, and safeguarding private communications**
- **Clear instructions for documenting and preserving digital evidence in a safe manner**
- **Access to emotional support networks, legal aid options, and trusted technical assistance**

How to Use

- **Visit the official website: <https://digitalfirstaid.org> for direct access.**
- **Explore and use the toolkit online—no installation or special setup required.**
- **Download available resources for offline reference and quick access whenever needed.**
- **Use the materials independently, or incorporate them into organizational training sessions and broader support programs.**