



# How to find and maintain safe spaces on social media



## A definition

Safe spaces are necessary means, in real life and online, for marginalised groups to find a support system and community to help them overcome mistreatment and discrimination.



## Why is this important?

As an example, a [2021 ADL report](#) revealed that 64% of LGBTQ+ people experience more online bullying, harassment and aggression than any other demographic. [Several studies](#) confirmed that 40% of transgender people have attempted suicide at least once, a number which drops to the global average for individuals living in an accepting environment.



## Tips and tricks

- ➔ Ask, listen and learn. Be open-minded and receptive. Educate and inform yourself.
- ➔ Put yourself in others' shoes as much as possible: Would you be okay with being treated the way they are based on something you cannot control or change?



## Useful resources and tools



Pam Magwaza on Commsor, "[7 ways to make your community a safe space for Black people](#)", explains how to create a safe environment for Black people.



Keda Edwards Pierre on Forbes, "[Five key aspects of creating safe spaces online](#)", defines important elements to consider, such as inclusivity and accessibility.



Lily Jones on Panion, "[Creating Safe Spaces within Your Online Community](#)", explains why safe spaces are important and provides 8 ways to create one online.



[The Safe Zone Project](#) is a free online resource for educators and learners, providing courses, activities and resources to create safe spaces for diverse identities.



[Anti-Violence Project & LGBTQ+ Safe Spaces Protection Project](#) focuses on LGBTQ+ folks, helping create community spaces, businesses and centres.



The National Sexual Violence Resource Center provides data and resources, such as an infographic about "[Four Ways We Can Build Safe Online Spaces Infographic](#)".