

AN ACCESSIBLE REFERENCE GUIDE

Reporting Stalking & Harassment on Social Media

Step-by-step instructions, direct safety-center links, and platform-specific tips for 16 major platforms.

16 platforms covered

Designed for screen-reader & high-contrast use

Produced by Stalking.org, a 501(c)(3) nonprofit

stalking.org

How to Use This Guide

Each of the next 16 pages covers one platform: what stalking commonly looks like there, exactly how to report and block it, a platform-specific safety tip, and a direct link to that platform's own official safety resource.

Before you report: screenshot the message, profile, or post first — with the date, time, and username visible — in case it's removed or the account is deleted after you report it.

Menus change often: platforms redesign their apps frequently. If a step doesn't match what you see, look for Report, Block, or Safety inside the app's main Settings or Help menu.

If you're in danger: reporting to a platform is not the same as contacting police. For an active threat, call 911 first — then make the report.

Accessibility in this guide

- High-contrast text and large, consistent headings
- Information is never conveyed by color alone — every color-coded element has a text label
- Descriptive link text naming the destination, not “click here”
- A clickable bookmark panel for jumping directly to any platform
- Plain, direct language throughout

This PDF follows accessible-design best practices. It has not been run through a certified PDF/UA or Section 508 tagging tool — for formal government accessibility certification, verify with a dedicated accessibility checker.

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PLATFORM 1 OF 16 **Meta**

Meta is the parent company behind Facebook, Instagram, Messenger, WhatsApp, and Threads, and it runs a shared Safety Center that covers all of them.

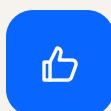
- 1 Open the Meta Safety Center to find bullying, harassment, and stalking resources that apply across every Meta app.
- 2 Use the “Bullying & Harassment” topic page for step-by-step reporting guidance for each individual app.
- 3 If you’re working with police, Meta’s Law Enforcement Online Requests system lets investigators request account records directly.

Good to know: One safety team sits behind all Meta apps — a report on Instagram can be informed by what you’ve already documented on Facebook or WhatsApp.

Official safety resource:
www.meta.com/safety/

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Facebook

Stalking on Facebook often looks like repeated friend requests, fake profiles, unwanted messages, or someone monitoring your posts and check-ins.

- 1 Go to the profile, page, post, or message you want to report and select the three-dot menu (...).
- 2 Choose Find support or report, then select the category that best fits — harassment, a fake account, or threats of violence.
- 3 Block the person from their profile (... > Block) so they can no longer see your profile or contact you.
- 4 For an urgent safety threat, use Facebook's dedicated form for reporting a threat of violence or self-harm.

Good to know: Turn on Profile Lock and review your “Followers” and tagging settings so strangers can't tag you or see your full post history.

Official safety resource:
www.facebook.com/safety

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 Instagram

On Instagram, stalking often shows up as repeated comments, DM requests from new or fake accounts, or someone closely watching your Stories.

- 1 Open the profile or message, tap the three dots (...) in the top right, and tap Report.
- 2 Select Report account or Report, then choose the reason — harassment, bullying, or a threat.
- 3 Use Restrict or Block from the same menu so the person's comments and messages are limited or cut off entirely.
- 4 Turn on "Hide Story from" for specific people if you want to keep posting without that person watching.

Good to know: Switch your account to Private and turn off "Show Activity Status" so others can't see when you were last online.

Official safety resource:
help.instagram.com/

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WhatsApp

On WhatsApp, stalking usually means repeated unwanted messages or calls, or someone re-adding themselves to a group after being removed.

- 1 Open the chat, tap the contact's name at the top, and scroll down to Block or Report.
- 2 Choose Report, which sends WhatsApp the last few messages for review without alerting the sender.
- 3 Go to Settings > Privacy to limit who can see your Last Seen, Online status, profile photo, and About info.
- 4 Leave or adjust groups you share with the person, and check Settings > Privacy > Groups to control who can add you.

Good to know: Blocking and reporting are separate actions — do both, since blocking alone doesn't send WhatsApp a copy of the messages.

Official safety resource:
faq.whatsapp.com/

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Messenger

On Messenger, stalking can look like nonstop messages, message requests from unknown accounts, or someone tracking your Active Status.

- 1 Open the conversation, tap the person's name, and select Block or Report.
- 2 Pick the reason that fits, such as harassment or pretending to be someone else, and submit the report.
- 3 Move unwanted contacts to Message Requests or Spam from your inbox so they stop reaching your main chat list.
- 4 Turn off Active Status in Settings > Privacy & Safety so others can't see when you're online.

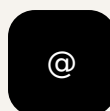
Good to know: Ignoring a message request does not notify the sender, so you can review it safely before deciding to block or report.

Official safety resource:

www.facebook.com/help/messenger-app/

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Threads

Threads shares its safety and privacy tools with Instagram, since the two are directly connected through the same account.

- 1 Open the post or profile, tap the three dots (⋮), and select Report or Block.
- 2 Choose the category that fits, such as harassment or bullying, and follow the prompts.
- 3 Hide replies from a specific account, or limit who can reply to your posts in Privacy settings.
- 4 Manage Threads-specific controls from Instagram's app under Settings > Account > Threads.

Good to know: Because Threads logs in through Instagram, blocking someone on Instagram blocks them on Threads too.

Official safety resource:
help.instagram.com/

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On TikTok, stalking can involve someone repeatedly commenting, duetting or stitching your videos, or messaging after being blocked.

- 1 Tap Share on the video, comment, or profile, then tap Report and choose a reason such as harassment.
- 2 To report a direct message, press and hold the message, then tap Report.
- 3 From the profile, tap the three dots (⋮) and select Block to stop all contact from that account.
- 4 Use Settings > Privacy to control who can duet, stitch, or comment on your videos, or message you at all.

Good to know: TikTok's Family Pairing and Screen Time tools can also restrict who can find and contact a teen's account.

Official safety resource:
www.tiktok.com/safety/en-us

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On X, stalking often looks like repeated unwanted replies, quote-posts, or Direct Messages, sometimes from newly created accounts.

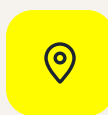
- 1 Open the post, profile, or DM, tap the share icon or three dots, and select Report.
- 2 Choose the category that fits, such as "They're being abusive or harmful," and follow the prompts to add context.
- 3 Block or Mute the account from the same menu — Block stops contact, Mute hides them without alerting them.
- 4 Turn on "Protect your posts" so only approved followers can see what you share.

Good to know: X lets you report several posts in one submission, which helps investigators see the full pattern at once.

Official safety resource:
help.x.com/en/safety-and-security/report-abusive-behavior

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Snapchat

On Snapchat, stalking can involve unwanted Snaps, friend requests from unknown accounts, or someone using Snap Map to track your location.

- 1 Press and hold the Snap, chat, or profile, then tap the flag icon or Report.
- 2 Select the reason that fits, such as harassment, and submit — Snapchat reviews reported content directly.
- 3 Tap the person's name and select Block to stop them from sending Snaps or seeing your location.
- 4 Go to Settings > See My Location and switch to Ghost Mode so no one can see where you are.

Good to know: Check your Snap Map settings regularly — it defaults to sharing location with friends unless you turn on Ghost Mode.

Official safety resource:

values.snap.com/safety/safety-center

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YouTube

On YouTube, stalking can show up as repeated harassing comments, unwanted video responses, or someone monitoring your channel activity.

- 1 Click the three dots next to the comment or video and select Report.
- 2 Choose Harassment or bullying as the reason, and submit the report for review.
- 3 Use the channel's About page to block a user from commenting on your channel entirely.
- 4 Review your Google Account's privacy settings to limit what activity and personal info is publicly visible.

Good to know: YouTube is tied to your Google Account, so tightening Google's overall privacy settings also protects your channel.

Official safety resource:
support.google.com/youtube/

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LinkedIn

On LinkedIn, stalking can look like repeated connection requests after being declined, unwanted messages, or someone monitoring your job changes.

- 1 Open the profile or message, click the three dots (⋮), and select Report or block.
- 2 Choose the reason that fits, such as harassment, and follow the prompts to submit.
- 3 Block the member so they can no longer view your profile or send you messages.
- 4 Adjust Settings > Visibility to limit who can see your connections, activity, and profile changes.

Good to know: LinkedIn lets you turn off “active status” and limit profile visibility to logged-in members only for extra privacy.

Official safety resource:

www.linkedin.com/help/linkedin

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On Reddit, stalking can involve someone following you across subreddits, replying everywhere you post, or sending unwanted chat requests.

- 1 Click the three dots (...) on a post, comment, or profile and select Report.
- 2 Choose the reason, such as harassment or a Reddit Rules violation involving a specific person, and submit.
- 3 Block the user from their profile so they can't message you or see your posts and comments.
- 4 Use Reddit's Harassment Filter and chat request settings to limit unsolicited messages.

Good to know: Reddit accounts aren't usually tied to your real name, so avoid repeating identifying details across your comment history.

Official safety resource:
www.reddithelp.com/

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On Pinterest, stalking is less common but can show up as someone repeatedly following your boards or messaging through comments.

- 1 Tap the three dots (...) on the Pin, comment, or profile and select Report.
- 2 Choose the reason that fits, such as harassment, and submit for review.
- 3 Block the account from their profile so they can't follow you or see your activity.
- 4 Set your profile and boards to private in Settings if you want to limit who can see your activity.

Good to know: Make boards related to home, travel plans, or routines "secret" so they aren't visible on your public profile.

Official safety resource:
help.pinterest.com/

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On Discord, stalking can involve someone joining every server you're in, sending repeated DMs, or tracking your online status.

- 1 Right-click (or press and hold) the message, user, or server, and select Report.
- 2 Choose the category that fits and provide the message link Discord asks for, then submit.
- 3 Block the user from their profile so they can no longer message or see your activity.
- 4 Adjust Settings > Privacy & Safety to control who can send you friend requests and direct messages.

Good to know: Use per-server privacy settings, since blocking someone platform-wide is separate from leaving a shared server.

Official safety resource:
discord.com/safety

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Telegram

On Telegram, stalking can look like repeated unwanted messages, someone joining every group you're in, or monitoring your Last Seen status.

- 1 Open the chat, tap the contact's name, and select Report or Block.
- 2 Choose the reason, such as spam or harassment, and Telegram's team will review the recent messages.
- 3 Go to Settings > Privacy and Security to control who can see your phone number, Last Seen, and profile photo.
- 4 Leave shared groups where the person might re-add you, or ask the group admin to remove them.

Good to know: Set "Who can add me to groups" to My Contacts so strangers can't pull you into chats you didn't choose.

Official safety resource:
telegram.org/faq

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Nextdoor

On Nextdoor, stalking can involve a neighbor repeatedly commenting on your posts, messaging you directly, or referencing your home or routine.

- 1 Click the three dots (...) on the post, comment, or profile and select Report.
- 2 Choose the reason that fits, such as harassment, and submit it for the local moderation team to review.
- 3 Block the neighbor from their profile so they can't message you or see your posts.
- 4 Adjust your address visibility and "neighborhood" settings in Account Settings to limit what's shown publicly.

Good to know: Because Nextdoor is tied to real addresses, consider reporting to Nextdoor and to police together when safety is a concern.

Official safety resource:
help.nextdoor.com/

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Resources & About Stalking.org

Crisis lines

Emergency — 911

National DV Hotline — 1-800-799-7233

Suicide & Crisis Lifeline — 988

Free tools at stalking.org

Risk Assessment · Safety Plan Builder

Evidence Auditor · Police Report Organizer

Data Broker Removal · Web Data Removal Request



A 501(c)(3) nonprofit providing free, accessible safety tools to people facing stalking and cyberstalking — no account, no cost.

stalking.org/about-us ·

stalking.org/contact-us

Support the work

Donations keep every tool on stalking.org free for the next person who needs them.

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