



#NOEXCUSE

for online abuse

16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

FACTS AND FIGURES



GLOBAL DATA

Gender based violence (GBV) is a harmful act directed at someone because of their gender. It includes physical, sexual, emotional, and economic abuse, and most often affects women and girls ¹.

→ Around the world almost **1 in 3 women** face physical and/or sexual violence at least once in their life, often by the hand of a current or former intimate partner.

Technology-facilitated gender-based violence: is any form of harmful behaviour that uses digital tools or online platforms to target someone because of their gender. It includes things like online harassment, cyberstalking, sharing private images without consent, threats, and fake intimate content (like deepfakes).

→ Studies across the world show that **16 to 58 per cent of women and girls** have been targeted by violence online.

Technology-facilitated violence is commonly known as digital violence.



KEY FACTS FROM EASTERN EUROPE AND CENTRAL ASIA

More than half of women active online in Eastern Europe and Central Asia have experienced digital violence in their lifetime, according to a survey conducted among 12,000 women across the region ².

- **Unwanted messages & sexual content:**

- Nearly **40%** received offensive messages;
- **1 in 3** faced sexual advances on social media.

- **Cyberstalking** is the use of technology to monitor someone's activities in real-time or historically.

- **1 in 8** women had their calls or messages monitored;
- **1 in 10** women had their location tracked.

- **Online Harassment** is manifested by the reception of unwanted or offensive content or messages.

- **Almost 40% of women** online received offensive messages;
- **1 in 3 women** experienced inappropriate sexual advances or sexual content on social media.

- **Hacking** is the action of getting into someone else's computer system remotely:

- **1 in 4 women** had their account accessed without permission;
- Many faced afterwards threats to share private images or deepfakes.

- **Deepfakes** is a serious growing problem, that uses artificial intelligence to create fake sexual images or video of someone without their consent.

- **90-95% of online deepfake (worldwide)** are sexual images of women.

¹ https://gbvinthemediacs.ca/wp-content/uploads/2023/10/AF_GBV_ITM_ResearchBckgrnd_FINAL-2.pdf

² UN Women, The dark side of digitalization: Technology-facilitated violence against women in Eastern Europe and Central Asia, 2023.

Who's and Where?

Current or former intimate partners are the third most common perpetrators —after individuals known only online and complete strangers. However, they are the most likely to threaten the release of a woman's personal information without consent. **Family members** are the most likely to monitor a woman's communication using technology.

Facebook and Instagram are the most reported platforms — **1 in 3 women** linked their experience to these. Other platforms include TikTok, email, Skype, Snapchat, Messenger, Viber, WhatsApp, and similar apps.

Some people are more often the target of online violence than other. For example, **young women (18–24)** are **4x more likely** to be targeted than older women (65+). And around the world, 73 % of women journalists reported experiencing online violence.

MOLDOVA SPOTLIGHT

In Moldova, **digital violence** is also a concern:

- **30% of women** who experienced it, reported that the violence was repeated, showing how this violence often becomes a persistent pattern rather than a one-time incident. ³
- A national scoping study found that **41% of participants** interviewed had identified sexual harassment as the most common form of violence committed online. ⁴

GROWING ONLINE GENDER BACKLASH

A growing trend, digital violence is not new—it's a **modern extension of control**, rooted in the same intent as offline abuse: to silence, intimidate, and dominate women and girls. It **threatens gender equality, women's empowerment, and digital safety**.

One of the most alarming trends is the **rise of the manosphere** — a network of online communities promoting misogyny, anti-feminist narratives, and toxic masculinity. These spaces often target young men, offering a sense of belonging while spreading harmful ideas that normalize violence and undermine women's rights.

This backlash is not just digital—it's shaping real-world attitudes, influencing policies, and fuelling hostility toward gender justice.

HOW TO GET INVOLVED

- **Wear orange** – the color symbolizing a future free from violence against women and girls.
- **Share messages online.** Promote information about preventing violence, digital safety, and gender equality. Use the hashtags **#NoExcuse #16DaysOfActivism**.
- **Support women affected by violence.** Share information about the **Women and Girls Trust Line – 0 8008 8008**, free and confidential.
- **Promote respect online.** Write and react with empathy. Don't tolerate abusive comments.
- **Be part of the conversation.** Join local events, discussions, and community actions dedicated to the campaign.
- Promote positive masculinities and challenge stereotypes.

³ UN Women, The dark side of digitalization: Technology-facilitated violence against women in Eastern Europe and Central Asia, 2023.

⁴ UN Women, Scoping Study for the Chisinau Safe City and Safe Public Spaces Programme, 2025.