

Workshop Menu

We deliver workshops to organisations and businesses across different sectors, including politics, business and media. Our impactful training provides groups and individuals with expert knowledge on online safety, digital self-care and wellbeing. If your workplace or community group wants to make a meaningful commitment to progressing digital citizenship, self-care and wellbeing, one of our many workshops can help you.

This document outlines our current workshops and tells you how to find out more.



The impact of our workshops:

- Following our workshop, 96% of participants said they know how best to respond if they faced online abuse
- 98% of participants said they now know what to do if they see someone else facing online abuse
- 96% of participants said they have the skills to be safer and resilient online

Feedback

from Previous Participants

'This workshop far surpassed my expectations. Having worked in social [media] for five years, I feel that I am tuned into the abuse so many people face online, but this was still so eye opening and insightful.'

BT Sport

'As a leader of a global youth-led movement, this workshop is a must! I am very grateful to have been able to attend and learn about these safety measures to ensure we do our best and follow due diligence practices to protect and best support our youth communities online. Thank you again to Glitch for the amazing, very important work.'

Adolescent Girls Investment Plan

'Thank you so much for an engaging training, the three hours flew by, lots of new learnings and enjoyed your participatory methodology.'

Adolescent Girls Investment Plan

'I believe that the work Glitch is doing is really important in making sure that people have an overarching understanding of existing safety mechanisms for vulnerable people online - in this case Black women - and a means with which to allow for useful discussion to take place... The toolkit was accessible and easy to understand which makes it an effective stand alone resource also. From the facilitation that we received as trainees, we were able to learn from a model of good practice which will hopefully be able to carry forward into our own conversations.'

Amina, Muslim Women Resource Centre

'I am a woman of faith and colour who receives Islamophobic, racist and sexist abuse on weekly basis as I am active in the public life and the social media. I received 105 [abusive] to 1 [positive] tweet in 72 hours. This training made me feel that I am not the only one who has been targeted and there are many women who experienced this abuse just because they dared to take a space. This training increased my resilience and empowered me to not give up on my cause.'

Westminster Foundation For Democracy Workshop Attendee

'I thought the workshop was really useful. Whilst, as an Extremely Online Person, I am already aware of online security and how to keep yourself safe from a variety of actors, it was still really handy to go through it all step-by-step, and to see the interconnecting ways to protect yourself. It was also really useful to think about protecting others, as I think often we focus on how to keep ourselves safe and don't think about keeping friends and comrades safe.'

Stonewall

'This was an excellent workshop, well delivered, extremely helpful. Will definitely be recommending Glitch to friends and colleagues.'

Stonewall

Digital Self-Defence and Self-Care

- 2hr workshop
- For all women, marginalised people, and their allies
- Offered online for groups of up to 30 and in person for groups of up to 50.
- Please get in touch to learn more about bespoke and 1-1 offerings



Why you need this workshop:

The fear of online abuse is causing an exodus of women and non-binary people who are unable to take up their rightful space in online spaces. We want to enable you to have a happier, healthier relationship with the digital space, and this workshop will give you the tools and knowledge you need to do just that.

This session will cover:

- Types of online abuse and tactics to watch out for
- Vital online safety techniques and strategies, including how to effectively document abuse
- How to create your very own digital self-care plan that enables you to have a flourishing online presence without compromising your wellbeing

We also offer a 1hr version of this workshop that covers the fundamentals of digital self-care and self-defence.



Digital Threats to Democracy

- 1hr workshop
- For women in public life
- Offered online for groups of up to 30 and in person for groups of up to 50. Please get in touch to learn more about bespoke and 1-1 offerings.

Why you need this workshop:

As a woman, you are 27 times more likely to be targeted in online abuse. Amnesty International's Toxic Twitter Report about online violence against women found that Members of Parliament (MPs) have experienced many forms of online abuse. It happens even more for those from marginalised communities or with intersecting identities dealing with racial, sexist, misogynistic, homophobic and transphobic abuse. Specifically, Black women are 84% more likely to receive abusive tweets than white women. At Glitch, we want women to feel safe to use their voices online as well as offline at all stages of their political career, whether a student activist, a campaigner, an elected official or someone seeking to stand.

This session will cover:

- How to look after yourself online and to support those around you.
- Top tips on staying safe from online abuse – an umbrella term for various tactics and malicious behaviours experienced in digital spaces.

We developed this resource in partnership with The Gender Institute at Royal Holloway University of London.



Hosting Conversations with our Glitch Toolkit 2.0

- 2hr workshop
- For Black women and allies
- Offered online for groups of up to 30 and in person for groups of up to 50. Please get in touch to learn more about bespoke and 1-1 offerings.



Why you need this workshop:

Black women are 84% more likely than white women to be mentioned in abusive or problematic tweets. Use this toolkit, which focuses specifically on Black Women and non-binary people's experiences of online abuse, to learn how to host conversations addressing this issue. If you're hoping to become a better ally to Black women and non-binary people online, this resource can help.

This session will cover:

- How to use our toolkit in order to upskill your community or network
- Tools for feeling confident in hosting a small group session that explores definitions, impact, and top online safety tips, how to be an Online Active Bystander, and how to help end online abuse in your networks.

Online Active Bystander

- 45 minute module
- For individuals and organisations to understand how to support others facing online abuse
- Offered online for groups of up to 30 and in person for groups of up to 50. Please get in touch to learn more about bespoke and 1-1 offerings.

Why you need this workshop:

Evidence shows that women are more likely to be harassed online, and this is even worse for women of colour, disabled and LGBT+ women. According to [YouGov](#), a quarter of the population have witnessed racist abuse online. It is not the responsibility of the victims of online abuse to protect themselves and deal with its lasting effects, and Glitch is doing everything it can do to hold decision-makers accountable and stop the problem at its core. In the meantime, our workshops will equip participants to navigate the online landscape with confidence. We want to help women of all ages, backgrounds and political affiliations to overcome the barrier of online abuse, and feel more confident to use online platforms in order to pursue a successful career in public life.

This session will cover:

- How to be an Online Active Bystander: making active bystander interventions when you witness incidents of online abuse.
- Practical tips, so you know what to do when someone else faces online abuse and how to support those receiving online abuse with effective and impactful actions.



How to Book

Book our workshops, or a free 15 minute chat with our Programme Manager, Gwen, [here](#).

