Online Hate and Harassment:
The American Experience 2023

Online Hate and Harassment Surged in 2023

A report from the ADL Center for Technology & Society
JUNE 2023

Our Mission:

" **To stop the defamation of the Jewish people and to secure justice and fair treatment to all.**"

About

Center for Technology & Society

ADL Center for Technology & Society is a research-driven advocacy center that works to end the proliferation of online hate and harassment. Our team partners with industry, civil society, government, and targeted communities to expose these harms, hold tech companies accountable, and fight for just, equitable online spaces.

CTS plays a unique role in civil society by recommending policy and product interventions to elected officials and technology companies to mitigate online hate and harassment; driving advocacy efforts to hold platforms accountable and to educate their staff on current threats and challenges; producing data-driven applied research by analysts and a network of fellows, shedding new light on the nature of antisemitism, as well as the impact of broader hate and harassment on vulnerable communities; and empowering targets of harassment by responding to online incidents. We work with platforms to create online spaces that are safe for all.

ADL

ADL is the leading anti-hate organization in the world. Founded in 1913, its timeless mission is "to stop the defamation of the Jewish people and to secure justice and fair treatment to all." Today, ADL continues to fight all forms of antisemitism and bias, using innovation and partnerships to drive impact. A global leader in combating antisemitism, countering extremism and battling bigotry wherever and whenever it happens, ADL works to protect democracy and ensure a just and inclusive society for all.

Table of Contents

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Executive Summary

Over the past year, online hate and harassment rose sharply for adults and teens ages 13-17. Among adults, 52% reported being harassed online in their lifetime, the highest number we have seen in four years, up from 40% in 2022. Both adults and teens also reported being harassed within the past 12 months, up from 23% in 2022 to 33% in 2023 for adults and 36% to 51% for teens. Overall, reports of each type of hate and harassment increased by nearly every measure and within almost every demographic group.

ADL conducts this nationally representative survey annually to find out how many American adults experience hate or harassment on social media; since 2022, we have surveyed teens ages 13-17 as well. The 2023 survey was conducted in March and April 2023 and spans the preceding 12 months. Online hate and harassment remain persistent and entrenched problems on social media platforms.

"
**I was attacked for being Jewish, non-binary, lesbian, and deaf.
I was tormented with cruel jokes, name-calling, etc.
I blocked people, reported the harassment, etc.
Facebook and the other platforms did nothing.
I closed my accounts and left social media"**

A 67-year-old multiracial nonbinary Jewish person

Key Findings

52% ↑ 12 points YoY

of American adults have **ever** experienced harassment on social media, up from **40%** in 2022.

33% ↑ 10 points YoY

of adults experienced some form of harassment in the past 12 months, up from **23%** in 2022.

47%

of LGBQ+ people, **38%** of Black/African Americans, and **38%** of Muslims were harassed online, in the past 12 months.

80%

of Jewish people were worried about being harassed for their religion compared to **41%** of non-Jews.

51% ↑ 15 points YoY

of teens experienced some form of harassment in the past 12 months, compared to **36%** in 2022.

76%

of transgender people, the most targeted demographic group, have **ever** been harassed online, **60%** severely.

Several key platforms saw a rise in harassment: Reddit, Twitter, TikTok, and WhatsApp.

🔴 ↑ 10 points YoY   🐦 ↑ 6 points YoY   ♪ ↑ 4 points YoY   🟢 ↑ 3 points YoY

Recommendations

Social media companies should **enforce hate and harassment policies transparently, equitably, and at scale.** This includes limiting high-profile user exceptions and other loopholes that make policies less effective.

Social media companies should **adopt and implement ADL's recommended tools and anti-hate by design principles** to support targets of harassment, such as allowing users to report multiple harmful comments at once (batch reporting), to enable trusted others to moderate their accounts (delegated access) and to report related activity.

At the federal level, legislators should **mandate transparency reporting and outlaw doxing.** Additionally, regulators should increase consumer protection efforts to disincentivize harmful business practices.

Online Hate and Harassment Surged in 2023

ADL's fifth annual survey shows online hate and harassment rose sharply for both adults and teens ages 13-17 in the past 12 months. Reports of each type of online hate and harassment increased by nearly every measure and within almost every demographic group, making clear that online hate and harassment remain persistent and entrenched problems on social media platforms.

Online hate and harassment surged in the 2023 findings 12 percentage points from 40% in 2022 for adults. More than half (52%) of all American adults reported experiencing hate or harassment online at some point in their lives. Although hate and harassment rose across the board, these increases were most pronounced among Black/African American and Muslim respondents.

Jewish respondents experienced an increase in online harassment from 2022: 44% reported ever being harassed (up from 37%), 31% reported ever experiencing severe harassment (up from 23%), and 26% reported any harassment in the past 12 months (up from 21%). Jewish respondents were also more likely than non-Jews (28% vs. 23%) to worry about future harassment and more likely to worry about being harassed for their religion, 80% compared to 41% for non-Jews. They were also more likely than in past years to avoid identifying themselves as Jewish, including on social media (25% in 2023 compared to 17% in 2022).

The increase in the 2023 findings erased a dip for many demographic groups in 2022. For example, in the past 12 months, Muslim respondents have returned to their 2021 levels of harassment (38%) after a decline in 2022 (23%).

A third of American adults (33%) experienced some form of online harassment in the past 12 months, up from 23% in 2022. Teens ages 13-17 also experienced a sharp rise: 51% of teenagers experienced some form of online harassment in the past 12 months compared to 36% in 2022, an increase of 15 percentage points, greater than the 10 percentage point increase among adults.

ADL has conducted this nationally representative survey annually since 2019 to determine how many Americans experience hate or harassment incidents on social media. This year, we surveyed 2,139 adults 18 and over from March 7-24, 2023, and 550 teens aged 13-17 from March 23-April 6, 2023. Respondents were asked about lifetime experiences as well as experiences in the preceding 12 months.

> " I've experienced untold amounts of derogatory messages and sexual harassment both in my comments and DMs, including slurs and unsolicited dick pics."

38-year-old lesbian trans woman

Given the proliferation of anti-transgender legislation[1] and rhetoric[2], we oversampled transgender respondents for the first time, a sampling method to ensure enough responses from a small demographic group. We found 76% of transgender respondents have been harassed in their lifetimes, with 51% of transgender respondents being harassed in the past 12 months, by far the highest of any reported demographic category. After transgender respondents, LGBQ+ people[3] experienced the most harassment at 47% in the past 12 months (together, transgender and LGBQ+ people were the most harassed demographic group every year we have conducted this survey).

Looking at platforms, Facebook was where most harassment took place. Of those who reported being harassed, 54% indicated the harassment took place on Facebook. Harassment rose on Twitter (up to 27% from 21% in 2022) and on Reddit (up to 15% from 5% in 2022).

1. https://www.glaad.org/state-legislation
2. https://www.hrc.org/press-releases/new-report-anti-lgbtq-grooming-narrative-surged-more-than-400-on-social-media-following-floridas-dont-say-gay-or-trans-law-as-social-platforms-enabled-extremist-politicians-and-their-allies-to-peddle-inflamatory-discriminatory-rhetoric
3. We refer separately to transgender and lesbian, gay, bisexual, and queer or other respondents (LGBQ+) in the adult survey because of the change in our sampling methodology this year, even though they constitute one larger demographic. In the teen survey, LGBTQ+ were sampled together.

What is online hate and harassment?

Online harassment can include many types of unwanted or hostile contact on digital platforms—including social media, chat, and email—such as verbal abuse, hate speech, trolling, spamming, impersonation, and defamation. More severe forms include ongoing harassment campaigns, sexual harassment, stalking, doxing[4], and swatting[5]. By hate, we mean abuse and harassment targeting someone for their identity, specifically as part of a marginalized group.

For ADL's annual survey of online hate and harassment, we asked respondents in the U.S. whether they've experienced any of the following on social media: been called offensive names; had someone try to embarrass them purposefully; been physically threatened; been harassed for a sustained period; been stalked; been sexually harassed; been doxed (that is, had someone release private information about them without permission); been swatted (that is, had an emergency service dispatched to their house as a hoax). Severe harassment in this report encompasses physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

Lifetime harassment versus year-over-year

We asked respondents about lifetime harassment (have you ever been harassed online?), and beginning in 2021, we also asked if they have experienced hate and harassment in the past 12 months, which allows us to look at year-over-year trends. In this year's report, all charts except the first show responses for the past 12 months.

Is online harassment illegal? What recourse is there for targets?

Online harassment can have devastating consequences, harming individuals and communities. Determining whether such harassment crosses the line into unlawful behavior depends on various factors, with the legal landscape surrounding online harassment varying across jurisdictions. In the U.S., specific acts of online harassment may fall under existing cyberstalking or harassment statutes, which can differ at the state and federal levels. Lawmakers must consider the implications of evolving technology on targets of digital abuse and address any gaps or loopholes in the law.

For targets of online harassment, seeking recourse can be a daunting endeavor that encompasses legal, technological, and social dimensions. Those targeted can pursue redress by reporting the harassment to law enforcement, documenting evidence, and, if necessary, seeking protective orders. Though not a formal legal avenue, online platforms have implemented reporting mechanisms to address harassment and support victims. As prior ADL research[6] shows, many targets find platforms' abuse reporting mechanisms fall short. Notably, these systems can and should be better resourced to adequately support those facing severe online harassment. Through initiatives like Backspace Hate[7], ADL advocates for stronger legislation, enhanced enforcement mechanisms, and increased public awareness to safeguard individuals facing online harassment. ADL actively collaborates with legislators to update cyberharassment laws, particularly concerning doxing and swatting, with the goal of providing greater protection to victims and targets of digital abuse.

Fanning the Flames of Hate

What might be behind these alarming results? Hateful rhetoric from political leaders, celebrities, and other public figures often spurs online hate, just as online hate can often spur offline harm.

Political mobilization around transgender rights, reproductive rights, voting rights, and racial justice over the past year has contributed to toxicity and harassment in online spaces. The 2022 midterm elections in the U.S. drove some of this mobilization, including transphobic themes[8] in political campaigns, harassment campaigns against[9] transgender health care, and bills targeting transgender[10] participation in sports and access to gender-affirming care.

The midterm elections also incited extensive election conspiracy theories and misinformation[11] online, many stemming from the 2020 U.S. presidential election. Some politicians fanned concerns about anti-racist educational programs in public schools, pushing back against the alleged teaching of critical race theory[12] and, in 44 states, introducing legislation[13] to restrict or limit how teachers discuss racism and sexism.

There were also multiple high-profile antisemitic incidents in 2022, such as assaults on Orthodox Jews[14] and the hate group Goyim Defense League[15] spreading antisemitic messages through highway banner ads[16], leaflets[17], and even projected onto buildings[18]. Rising antisemitic incidents, as tracked by ADL Center on Extremism, as well as highly-visible online antisemitic tirades from influential figures such as Ye (formerly known as Kanye West) and more subtle dog whistles.

from politicians like former President Trump[19] and some left-wing candidates[20] in the 2022 elections may account for the increase in Jewish respondents' worries about online hate and harassment.

Additionally, after Elon Musk purchased Twitter and took it private in October 2022, he welcomed back[21] users banned for violating anti-hate policies and dissolved the Trust & Safety Council[22] (of which ADL was a member), a voluntary group of civil society advisors. ADL documented a spike in antisemitism following his takeover in October[23] and has found many of the reinstated accounts spread antisemitism or incite their followers to harassment[24]. Twitter also rolled back rules[25] against anti-transgender hate and, in February, changed its policy of removing violative hateful content to de-amplifying it instead[26].

At the same time, tech companies had record layoffs[27], calling into question their ability to moderate hateful content. Google shrunk the team[28] that builds content moderation tools and tracks "threats to open societies," Twitter dramatically reduced its trust and safety and AI ethics teams, and Meta (Facebook's parent company) had mass layoffs that disproportionately affected its trust and safety teams[29].

The consequences of online harassment do not stay online, either. Anti-trans harassment on social media preceded bomb and death threats against hospitals[30] that provide gender-affirming care. The perpetrator of a May 6, 2023 mass shooting in Allen, Texas, that killed seven people posted misogynist, anti-LGBTQ+, and antisemitic hate on social media[31]. While online harassment causes emotional distress, reputational and economic harm, or withdrawal from online spaces, it can equally spill into offline attacks, especially against marginalized groups like women, LGBTQ+ people, people of color, and Jews.

4. https://www.adl.org/resources/blog/doxing-should-be-illegal-reporting-extremists-should-not

5. https://www.adl.org/resources/blog/what-swatting

6. https://www.adl.org/resources/report/trolls-are-organized-and-everyones-target-effects-online-hate-and-harassment

7. https://www.adl.org/backspace-hate

8. https://www.theguardian.com/us-news/2023/mar/07/cpac-anti-trans-rhetoric

9. https://www.cnn.com/2022/08/17/health/boston-hospital-gender-affirming-care-threat/index.html

10. https://www.aclu.org/legislative-attacks-on-lgbtq-rights

11. https://www.adl.org/resources/blog/social-media-election-policies-good-bad-and-misinformed

12. https://www.edweek.org/policy-politics/map-where-critical-race-theory-is-under-attack/2021/06

13. https://www.edweek.org/policy-politics/map-where-critical-race-theory-is-under-attack/2021/06

14. https://www.nytimes.com/2022/04/26/nyregion/antisemitic-attacks-new-york.html

15. https://www.adl.org/resources/backgrounder/goyim-defense-league

16. https://www.nbcnews.com/news/us-news/banner-kanye-right-los-angeles-freeway-antisemtic-group-rcna53653

17. https://www.houstonpress.com/news/goyim-defense-league-launches-anti-semitic-flyer-campaign-15419681

18. https://www.nbcnews.com/news/us-news/officials-condemn-cowardly-despicable-antisemitic-messages-displayed-u-rcna54728

19. https://www.cbsnews.com/news/trump-truth-social-post-us-jews/

20. https://www.adl.org/resources/blog/some-2022-left-wing-candidates-espouse-troubling-rhetoric-israel

21. https://www.adl.org/resources/blog/extremists-and-conspiracy-theorists-reemerge-twitter

22. https://www.npr.org/2022/12/12/1142399312/twitter-trust-and-safety-council-elon-musk

23. https://www.nytimes.com/2022/12/02/technology/twitter-hate-speech.html

24. https://www.adl.org/resources/blog/reality-how-harassment-spreads-twitter

25. https://www.nbcnews.com/tech/twitter-changes-hateful-conduct-policy-rcna80338

26. https://techcrunch.com/2023/04/17/twitter-says-it-will-label-tweets-that-violate-its-hate-speech-policy-and-get-downranked-as-a-result/

27. https://www.cnn.com/2023/04/06/tech/tech-layoffs-platform-safety/index.html

28. https://www.yahoo.com/now/tech-layoffs-shrink-trust-safety-175004988.html

29. https://www.cnbc.com/2023/05/26/tech-companies-are-laying-off-their-ethics-and-safety-teams-.html

30. https://www.advocate.com/transgender/2022/12/15/online-hate-fuels-attacks-gender-affirming-care-providers-report

31. https://www.adl.org/resources/blog/shooter-allen-texas-embraced-antisemitism-misogyny-and-white-supremacy

Recommendations

ADL has spent [decades](#)[32] combating online hate and its harms. Our [REPAIR Plan](#)[33] emphasizes six points that lawmakers, industry, and civil society should prioritize to push hate and harassment out of the mainstream. Based on this year's survey findings, we propose the following recommendations to bolster these efforts.

For Tech Companies

Since ADL's [report on targets of harassment](#)[34] in 2019, we have repeatedly found that tech companies do not provide sufficient tools and resources to prevent hate and abuse, especially harassment campaigns targeting women and people of color. The same is true today. To mitigate hate and harassment, we recommend that platforms do the following:

1

To push online hate out of the mainstream: **Enact strong policies against hate and harassment and enforce them transparently, equitably, and at scale.**

As we have continuously urged, effective content moderation cannot exist without strong content policies that condemn hate, harassment, and abuse. In addition to prohibiting this conduct and establishing effective consequences for policy violations, a platform's content policies should be clear and easy to understand. These policies should be enforced transparently, equitably, and at scale. Additionally, platforms should limit high-profile user exceptions and be transparent about any exceptions that are absolutely necessary. In addition to prohibiting hateful content, platforms should incentivize and encourage positive online interactions, including by creating engagement models that reward pro-social behavior.
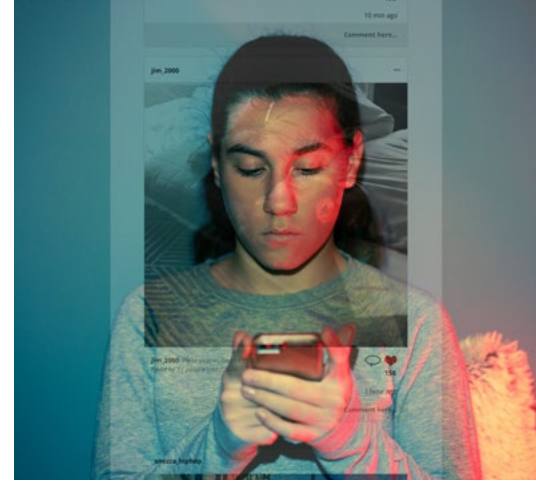
2

To support targets of harassment: **Resource Trust & Safety teams; ensure reporting features are effective; implement anti-hate by design principles.**

Platforms must detect and remove hateful content proactively while making sure targets of abuse have effective tools to stop attacks in progress and get the support they need when they report. To do this, tech companies must appropriately resource their trust and safety teams—from product to policy to personnel—to meet these challenges. Additionally, reporting features for content violations should be easy to find and use, which includes communicating with users about the result of their report and, if the content has not been removed, providing an explanation for the decision.

These features should be accessible in all languages utilized on a given platform. [Targets have repeatedly asked for tools and still have limited options](#)[35]. Platforms should collaborate with vulnerable and marginalized communities to develop and implement better tools that will minimize the impact of online hate on those most directly and adversely affected by it. With this in mind, ADL developed our [Social Pattern Library](#)[36], a set of product recommendations for social media platforms to help combat online hate, disinformation, and extremism. The library includes both visual and interactive examples of how social media platform designers might mitigate hate, such as through batch reporting (allowing a user to flag more than one piece of content when reporting), delegated access (the ability to grant permissions to other users to utilize a user account for the purpose of addressing harassment), and related activity reporting (the ability for users to provide information on harassment activity across multiple platforms when reporting).

3

To foster trust and accountability: **Be transparent with users, lawmakers, and civil society.**

It is crucial for platforms to prioritize transparency and explainability, which means expanding reporting practices to provide clear and practical information on how their systems handle online hate, harassment, and abuse. Technology companies must also work to regain public trust. One way to do this is by undergoing regular independent audits, allowing the public to understand the scale of these issues and the actions taken to address them. Finally, platforms should voluntarily facilitate data access for independent researchers, as their expertise is essential in mitigating online harms. By partnering with researchers, extending free or affordable access to data, and heeding researcher recommendations, platforms can benefit from partners' insights and implement sound, evidence-based policies.

32. https://archive.org/details/ComputerizedNetworksOfHate

33. https://www.adl.org/repair-plan

34. https://www.adl.org/resources/report/trolls-are-organized-and-everyones-target-effects-online-hate-and-harassment

35. https://pen.org/campaign/fight-online-abuse-now/

36. https://www.adl.org/social-pattern-library

P10 Image: https://unsplash.com/photos/xxn48oa73sM

For Government

Ultimately, much of tech operates in a black box[37], making effective regulation difficult to craft and enforce. This is why governments have a crucial role to play. To mitigate hate and harassment, we recommend lawmakers and regulators do the following:

1

To enhance transparency by social media companies: **Pass legislation that mandates reporting and data disclosures.**

In 2022, ADL launched a transparency campaign called Stop Hiding Hate[38] and worked with lawmakers[39] in California[40] to pass legislation focused on getting insight into how platforms manage their own content policies and enforcement mechanisms. ADL is committed to supporting similar legislation in New York this session[41]. But there is a lot more we do not know. Therefore, we also need transparency about platforms' data collection, ad targeting, and algorithmic systems to understand how online hate proliferates and how best to address it.

Ultimately, federal legislation is needed, as it would be the most effective means to ensure transparency for platform users and the public at large. Among other requirements, platforms should: (1) clearly disclose content policies, including changes and exceptions to these policies; (2) provide data about enforcement of platform policies: not just publishing numbers, but explaining the significance of those numbers; (3) give academic researchers and civil society access to additional information, so these organizations can derive insights and tactics to mitigate online harms; and (4) submit to regular independent audits, to ensure that platforms are complying with their stated practices and policies.

2

To mitigate the harms of doxing: **Outlaw doxing at the federal level.**

Doxing is the broadcasting of private or identifying information about an individual, group, or organization with the intent that the information be used against the target for an unlawful purpose. This form of severe online harassment can incite violence in the physical world; however, there are no federal protections for victims of doxing. Through our Backspace Hate Initiative[42], ADL has collaborated with state lawmakers to pass anti-doxing legislation, a significant step towards addressing gaps and loopholes in digital abuse laws. These laws increase protections for victims and targets while upholding free speech protections and principles. Still, outlawing doxing at the federal level would ensure that perpetrators of doxing are held responsible in all jurisdictions and can serve as an important deterrent for those considering doxing. We can and must push for legislation that addresses the dangerous forms of digital abuse while also preserving the ability to speak out, protest, and document the very abuse we seek to stop.
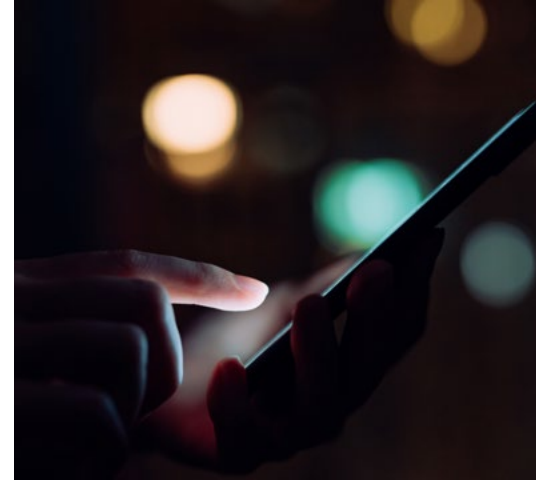
3

To counter social media's harmful business practices: **Prioritize regulations to counter harmful business practices employed by social media platforms.**

ADL has consistently emphasized[43] the role of data collection and surveillance advertising, which underpin major tech companies' business models, in normalizing online hate and creating an environment ripe for digital harassment. Lawmakers should pass laws to enact federal data privacy, ensure online safety for youth, and ban surveillance advertising. Additionally, recognizing its critical role in protecting consumer rights and promoting online safety, the FTC should focus on issues such as algorithmic bias, discriminatory targeting, insufficient content moderation, weak privacy policies, and the monetization of engagement-driven metrics prioritizing sensationalism and polarizing content. By exercising its existing authority and implementing effective rulemaking, the FTC should actively hold platforms accountable and establish guidelines to dismantle the harmful business practices perpetuating the current social media environment. Government should also consider the impact of new technologies like generative AI[44] and implement regulatory and legislative safeguards to protect vulnerable communities from potentially harmful impacts.

4

To increase social media platform accountability: **Congress should update Section 230 of the Communications Decency Act.**

We urge Congress to update legislation[45] like Section 230 to reflect the realities of the modern internet. By considering how social media platforms' own tools and policies exacerbate hate, harassment, and extremism, Congress can help incentivize companies to protect users more proactively. Notably, Congress must update the law in a way that still empowers private platforms to moderate online hate, disinformation, and harassment.

Tech companies have proven they cannot, or will not, adequately address hate and harassment through self-governance; therefore, the government must step in and create appropriate rules and regulations to increase tech accountability.

37. https://www.washingtonpost.com/outlook/2021/08/03/facebook-nondisparagement-silicon-valley/

38. https://www.adl.org/stop-hiding-hate

39. https://docs.google.com/spreadsheets/d/15iApVW5NY-8zSwPvukqIehf9wz5H5_4M/edit#gid=235709816

40. https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=202120220AB587

41. https://www.nysenate.gov/legislation/bills/2023/s895

42. https://www.adl.org/backspace-hate

43. https://www.adl.org/sites/default/files/pdfs/2022-11/Commercial-Surveillance-ANPR-R111004-ADL-3.pdf

44. https://www.adl.org/resources/blog/six-pressing-questions-we-must-ask-about-generative-ai

45. https://www.adl.org/resources/amicus-brief/gonzalez-v-google-

Conclusion

Support Targets and Hold Big Tech Accountable

This year's survey reaffirms that many individuals face severe online hate and harassment, including threats of physical violence. Too often, targets are left without resources and support to respond to these dire situations. Platforms and governments are well-positioned to address online hate and mitigate its harms. Similarly, policymakers, researchers, and civil society have a crucial role to play as we continue to navigate the complexities of technology's impacts on society. The above recommendations are an important first step to ensuring that online spaces are equitable and safe for all users.

"

I have reported hateful comments against myself and others so many times. [T]here are so many hateful comments, like intentionally referring to a trans person with the wrong pronouns, gendered terms, dead name, and even hate speech and death threats that are not taken seriously."

24-year-old bisexual nonbinary person

Key Findings (Adults)

52% of all American adults reported experiencing hate or harassment online at some point in their lives. 37% experienced severe harassment, which includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

Overall Harassment on Social Media

Online Harassment Ever Experienced Increased Sharply in 2023

Share of Americans who have ever experienced online harassment, by year

● Any online harassment   ● Severe harassment

44%	41%	40%	52%
28%	27%	27%	37%
2020	2021	2022	2023
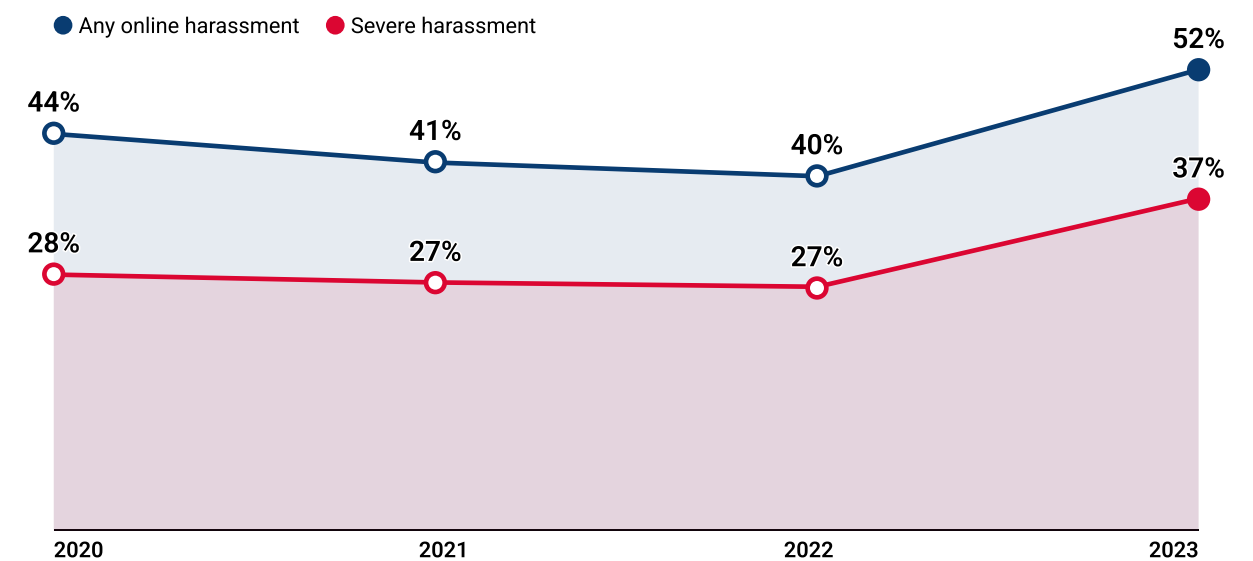
Source: YouGov Survey on behalf of ADL

> " **Photos of me were made into memes. People would make fun of me. I was also contacted in DM. Despite ignoring, not replying, reporting to [Facebook] (who did nothing), [reporting to] the police, and finally taking the person to court, it really messed with me.**"

55-year-old white heterosexual woman

The following graphs show year-over-year findings for the past 12 months, which we started reporting on in 2021, as opposed to lifetime harassment.

Online Harassment in the Past 12 Months Increased Sharply in 2023
Share of Americans who experienced online harassment in the past 12 months, by year

- ● Any online harassment ● Severe harassment

28%
23%
33%
14%
12%
18%

2021   2022   2023
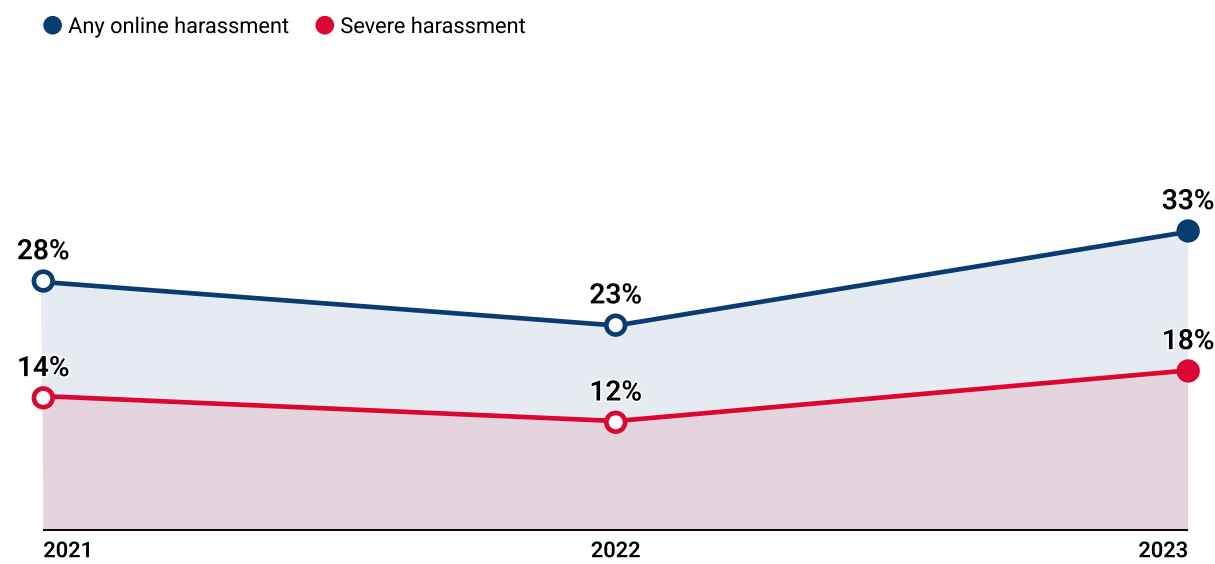
Source: YouGov Survey on behalf of ADL

Reasons for Harassment Among Marginalized Groups

Marginalized groups report being harassed for their identity (for example, women for their gender) at higher rates than non-marginalized groups.

Marginalized Groups Report Being Harassed for their Identity at Increased Rates
Share of Americans who attributed harassment they experienced in the previous 12 months to the following reasons, by demographic group

Lower share ▬▬ Higher share

	TRANSGENDER	LGBQ+	WOMEN	BLACK/ AFRICAN AMERICAN	HISPANIC/ LATINO	ASIAN AMERICAN	MUSLIM	JEWISH	OVERALL
Gender	49%	30%	38%	21%	18%	25%	32%	11%	26%
Physical Appearance	30%	35%	39%	42%	29%	28%	35%	19%	33%
Sexual Orientation	53%	26%	7%	7%	9%	9%	24%	5%	8%
Religion	11%	4%	14%	26%	6%	18%	33%	26%	14%
Race or Ethnicity	24%	22%	17%	54%	27%	47%	33%	18%	23%
Gender Identity	61%	21%	13%	9%	8%	6%	18%	2%	10%
Disability	11%	7%	7%	10%	7%	6%	23%	5%	4%

Source: YouGov Survey on behalf of ADL

Harassment by Gender

Men and women both reported an increase in harassment, including in severe harassment, in the past 12 months.

Harassment Increased for Both Men and Women

Share of Americans who experienced online harassment in the previous 12 months, by gender
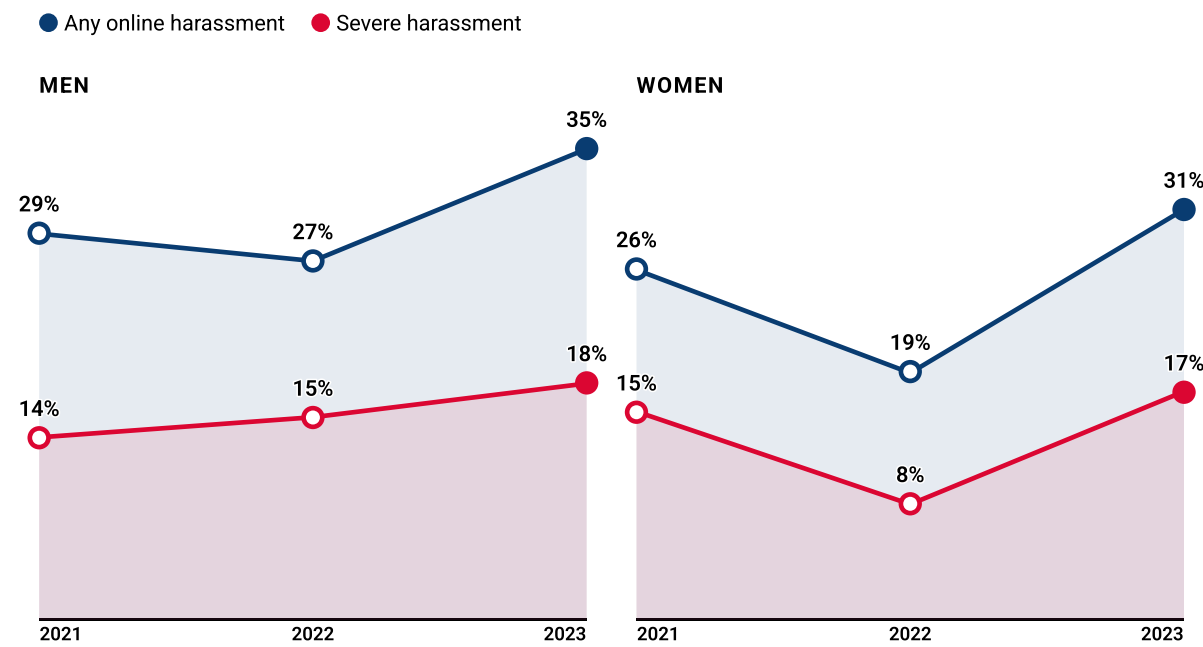
> " I was called a 'monkey' and an abomination to the human race."
>
> 67-year-old Black trans woman

● Any online harassment   ● Severe harassment

MEN

WOMEN

Source: YouGov Survey on behalf of ADL

Harassment by Race

Nearly every racial or ethnic group reported an increase in harassment, including severe harassment, except Asian Americans (who experienced a significant increase in 2022).

Black/African Americans Experienced the Highest Rates of Harassment of Any Racial or Ethnic Group

Share of Americans who experienced online harassment in the previous 12 months, by race/ethnicity
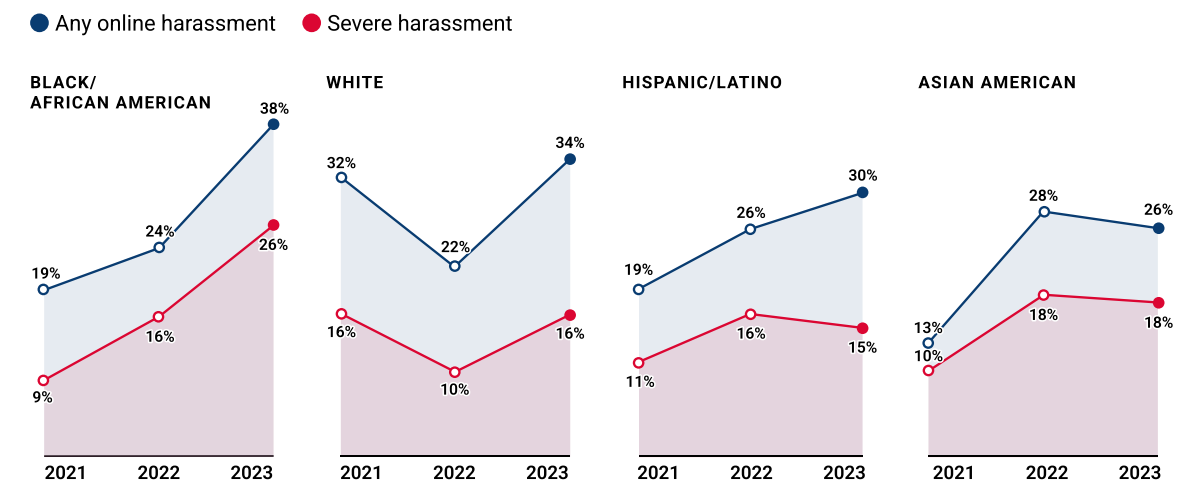
● Any online harassment   ● Severe harassment

BLACK/AFRICAN AMERICAN   WHITE   HISPANIC/LATINO   ASIAN AMERICAN

*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical.*

Harassment Among LGBTQ+

LGBTQ+ respondents reported the highest rates of harassment among marginalized groups, especially transgender people.

LGBQ+ and Transgender People Were the Most Harassed among Marginalized Demographic Groups
Share of Americans who experienced any online harassment in the previous 12 months, by demographic group

Demographic group	Percentage
All Americans	33%
Transgender	51%
LGBQ+	47%
Black/African American	38%
Muslim	38%
Women	31%
Hispanic/Latino	30%
Jewish	26%
Asian American	26%
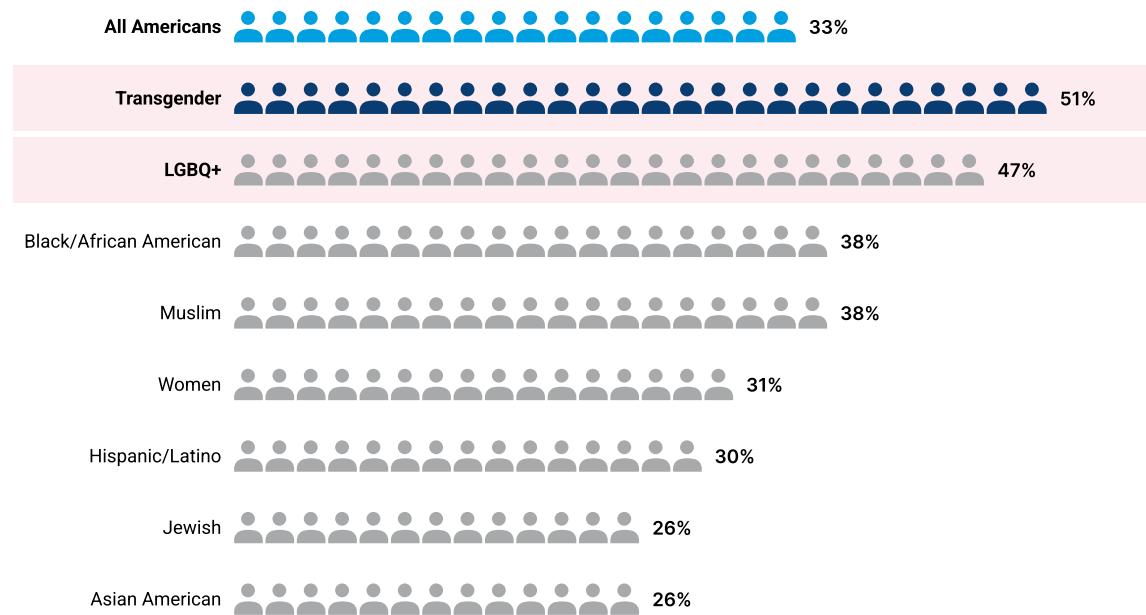
Source: YouGov Survey on behalf of ADL

Transgender People Experienced the Most Harassment of Any Demographic Category
Share of Americans identifying as transgender who have experienced online harassment, by time period

LIFETIME

Any online harassment	76% — All Americans (52%)
Severe harassment	60% — (37%)

IN THE PAST 12 MONTHS

Any online harassment	51% — All Americans (33%)
Severe harassment	30% — (18%)

Source: YouGov Survey on behalf of ADL

> " When I report blatant antisemitic posts, I am told that they meet Facebook community standards. I don't know where to turn. The hate has gotten worse, and Facebook doesn't even try."

67-year-old Jewish woman

Harassment by Religion

Muslim respondents reported a spike in harassment, due to a sharp increase in sexual harassment.

Sexual Harassment Spiked for Muslims
Share of Muslims who experienced the following types of online harassment in the previous 12 months

	2021	2022	2023
ANY ONLINE HARASSMENT	38%	23%	38%
SEVERE HARASSMENT	20%	19%	30%
BEEN CALLED OFFENSIVE NAMES	20%	11%	17%
HAD SOMEONE TRY TO PURPOSEFULLY EMBARRASS YOU	16%	15%	17%
BEEN SEXUALLY HARASSED	4%	3%	16%
BEEN PHYSICALLY THREATENED	9%	3%	11%
BEEN DOXED	6%	6%	10%
BEEN STALKED	7%	7%	9%
BEEN HARASSED FOR A SUSTAINED PERIOD	8%	14%	7%
BEEN SWATTED	3%	3%	6%
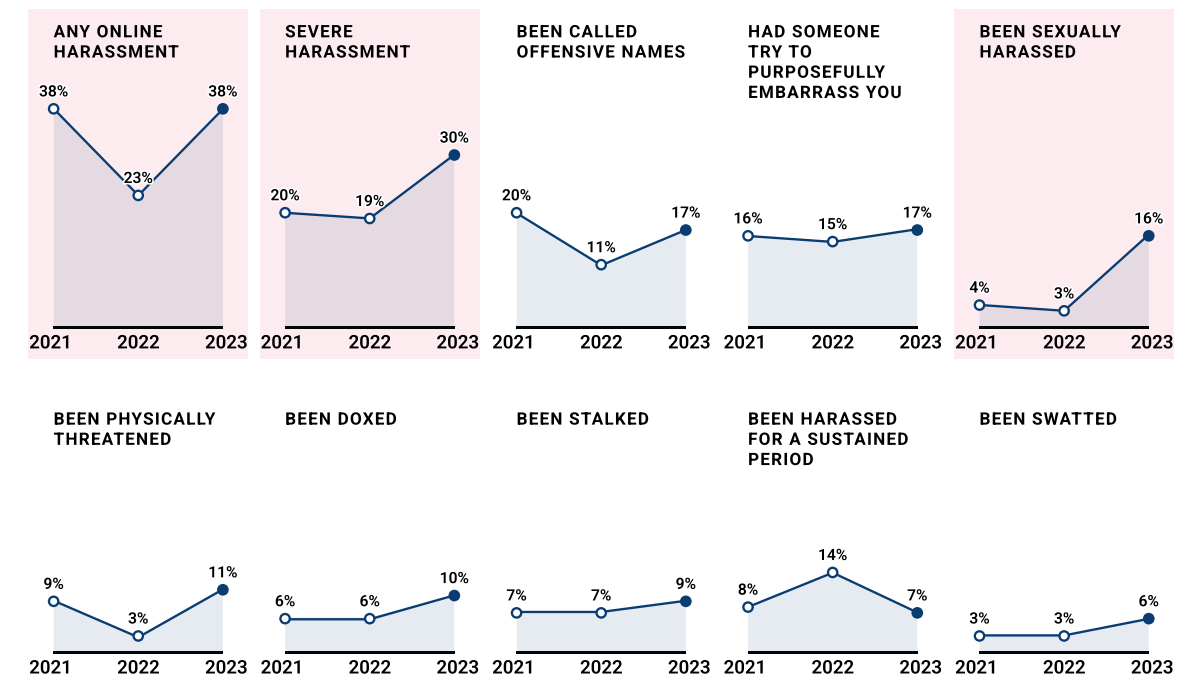
Source: YouGov Survey on behalf of ADL

Jewish people experienced an increase in any harassment and in severe harassment.

Online Harassment Ever Experienced by Jewish People Increased Sharply in 2023
Share of Jewish people who ever experienced online harassment, by year

● Any online harassment   ● Severe harassment

33%   36%   37%   44%

20%   22%   23%   31%

2020   2021   2022   2023

Source: YouGov Survey on behalf of ADL

> **" I have been called every anti-Jewish name in the proverbial book, and the fact that I support the current administration leads to a high volume of offensive statements, responses, and even threats."**
>
> 56-year-old heterosexual Jewish man

Online Harassment of Jewish People in the Past 12 Months Returned to 2021 Levels
Share of Jewish people who experienced online harassment in the past 12 months, by year

● Any online harassment   ● Severe harassment

27%   21%   26%

13%   9%   14%

2021   2022   2023

Source: YouGov Survey on behalf of ADL

> **" Based upon my appearance, I was encouraged to support white nationalists and Christian nationalists. Then [I was] verbally attacked and called a race traitor for stating I stand against such things."**
>
> 27-year-old heterosexual white man
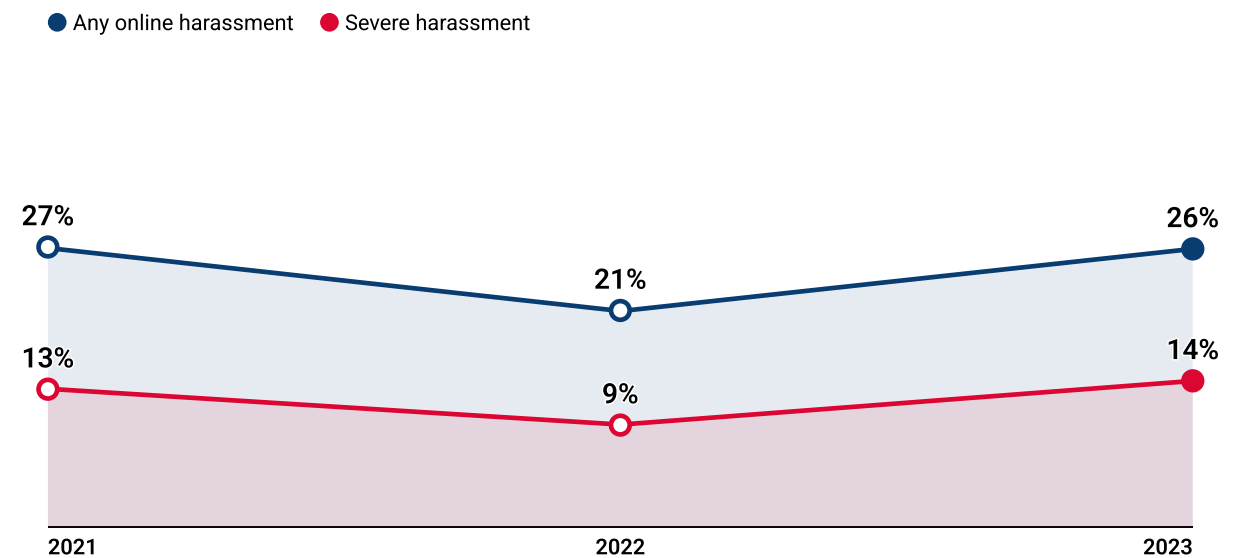
Jewish People Were More Likely to Be Harassed for Their Religion than Non-Jews

Share of Americans who experienced online harassment due to their religion in the previous 12 months

Jewish people

26%

Non-Jews

14%
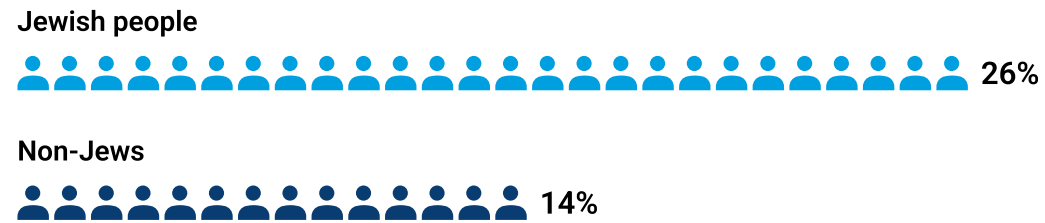
Source: YouGov Survey on behalf of ADL

Jewish People Were More Likely to Be Worried about Future Harassment than Non-Jews

Share of Americans who reported being worried about future harassment

Jewish people

28%

Non-Jews

23%
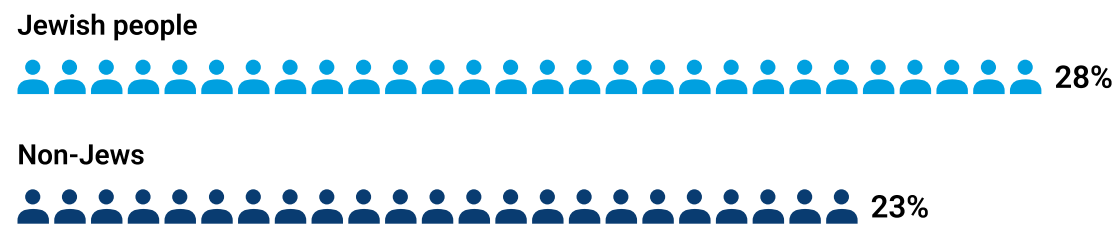
Source: YouGov Survey on behalf of ADL

Among those Worried about Future Harassment, a Majority of Jewish People Cite Their Religion as the Reason

Share of Americans who reported being worried about future harassment due to each of the following reasons

● Jewish people   ○ Non-Jews

	Jewish people	Non-Jews
Religion	41%	80%
Political views	63%	76%
Race or ethnicity	52%	54%
Gender	50%	56%
Physical appearance	48%	56%
Sexual orientation	23%	34%
Disability	21%	34%
Gender identity	21%	29%
Occupation	17%	36%
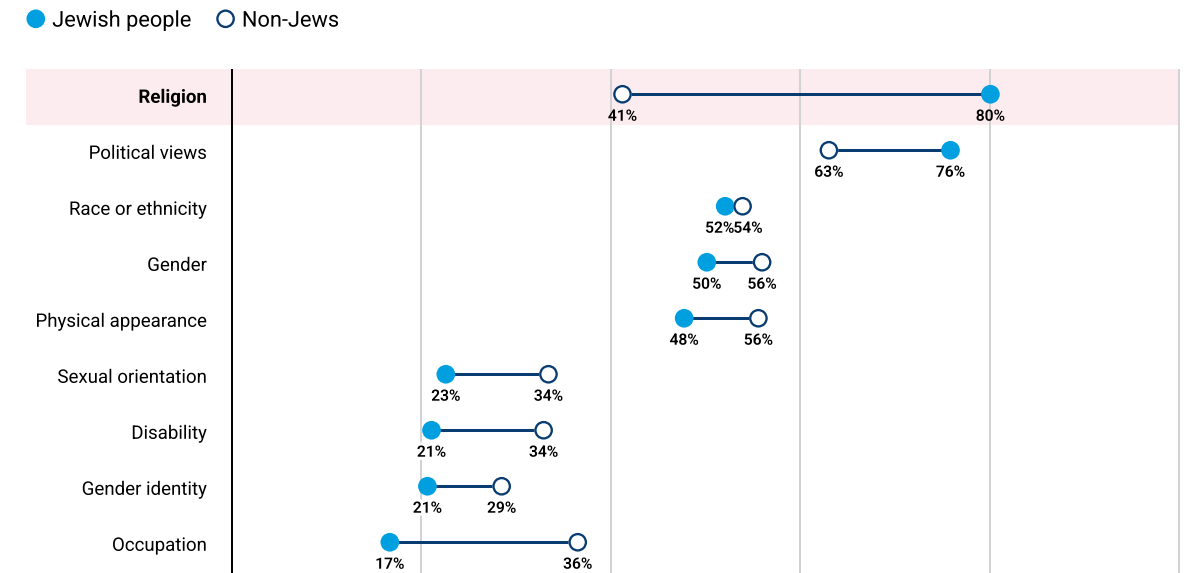
Source: YouGov Survey on behalf of ADL

Jewish People Were Less Likey to Identify Themselves as Jewish in 2023

Share of Jewish people who said they avoided identifying themselves as Jewish, including on social media sites, out of concern about violence and harassment against Jews

2020: 12% 2021: 13% 2022: 17% 2023: 25%
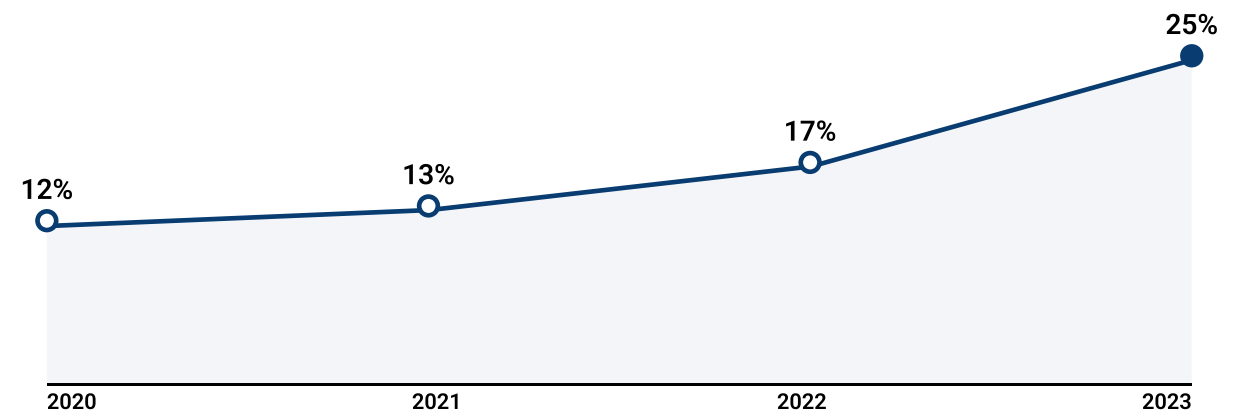
Source: YouGov Survey on behalf of ADL

Platforms Where Harassment Takes Place

Facebook remains the platform where harassment most commonly takes place, but harassment increased across most other platforms, notably on Twitter, Reddit, TikTok, and Whatsapp.

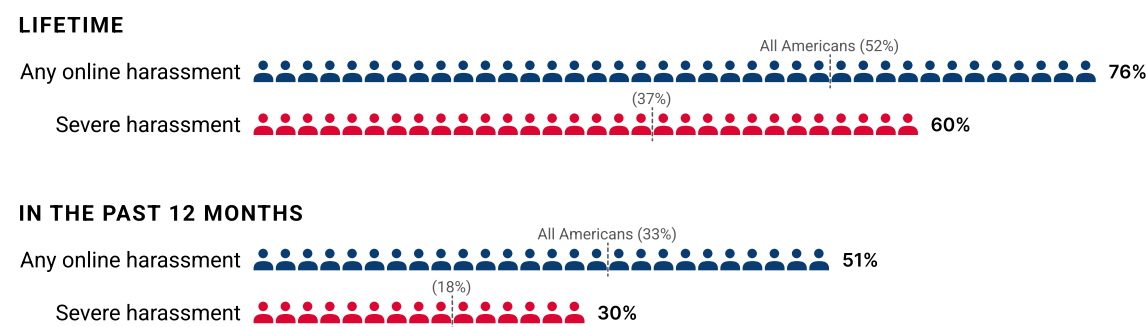### Harassment Has Been Increasing on Twitter, Reddit, TikTok, and WhatsApp since 2021
Share of Americans who experienced any type of online harassment in the previous 12 months, by platform
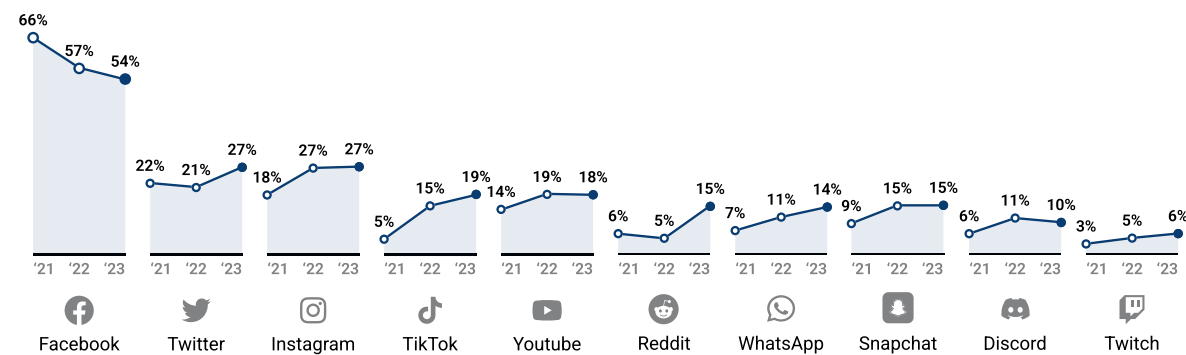
Source: YouGov Survey on behalf of ADL

Americans Who Were Harassed in the Previous 12 Months Reported Using YouTube Most, but Encountered Harassment on Facebook Most Often
Share of Americans harassed in the previous 12 months using each platform vs. reporting harassment on each platform

● Platform usage   ● Reported harassment on platform
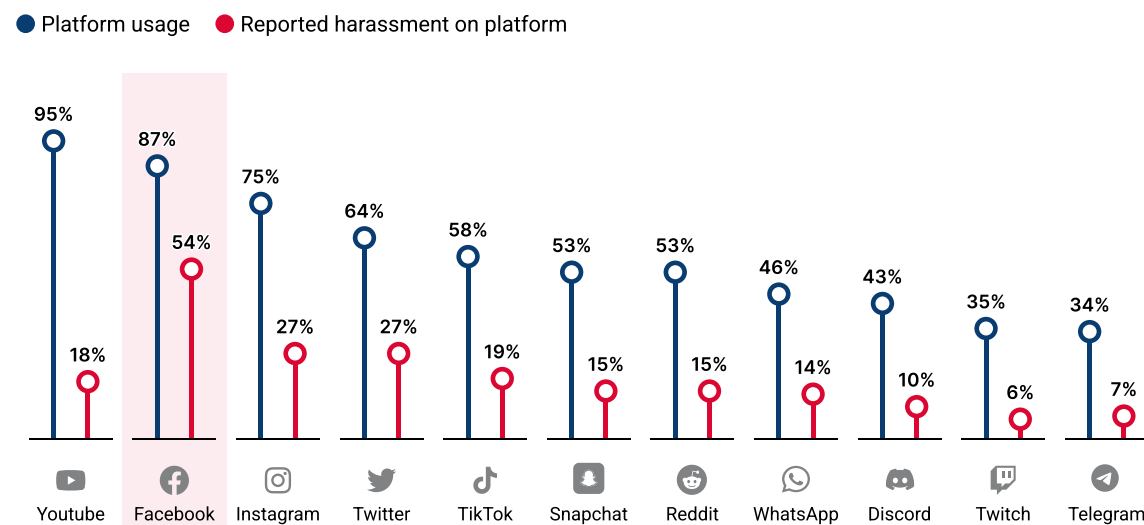
Source: YouGov Survey on behalf of ADL

> **I'm a moderator of a subreddit, and people have been targeting LGBTQ content creators, so I made a post imposing a zero-tolerance policy towards hate speech and anti-LGBTQ comments in general. My post received several reports and numerous transphobic comments."**
>
> 31-year-old trans woman

Controversial Topics

In addition to high rates of harassment, LGBTQ+ people were most likely to be exposed to anti-gay and anti-trans rhetoric and conspiracy theories online.

LGBQ+ and Transgender People Were Most Likely to Be Exposed to "Groomer" Rhetoric or Conspiracy Theories
Share of Americans who were asked to support or engage with the idea that "LGBTQ+ people are grooming children to adopt their lifestyle" on social media in the previous 12 months
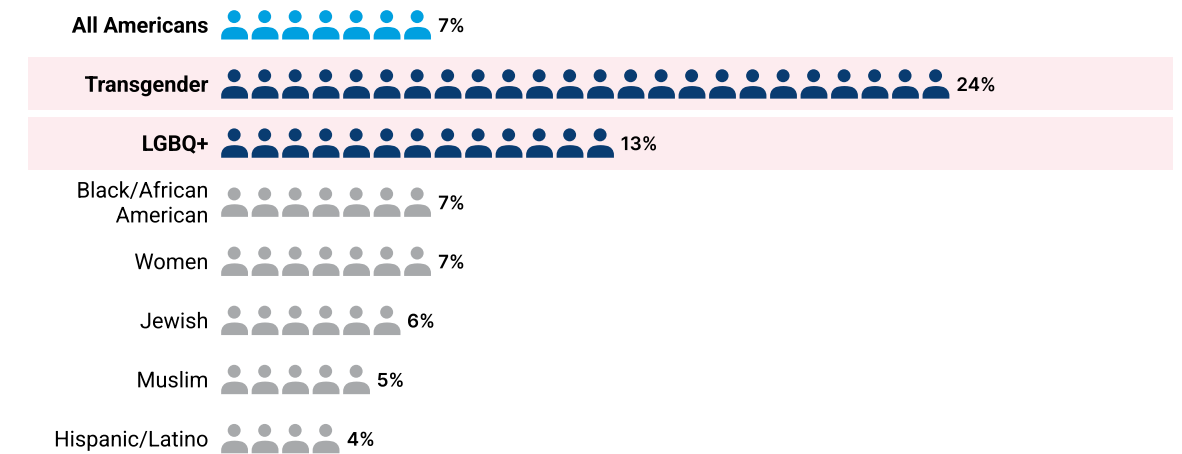
Source: YouGov Survey on behalf of ADL

Key Findings (Teens 13–17)

Overall Harassment Among Teens

Teenagers 13-17 reported an even greater increase in harassment than adults, including in severe harassment.

Teenagers Experienced a Sharp Rise in Online Harassment

Share of teenagers who experienced online harassment in the previous 12 months

ANY ONLINE HARASSMENT

51% (2023)
36% (2022)

SEVERE HARASSMENT

32% (2023)
15% (2022)

2023 2022
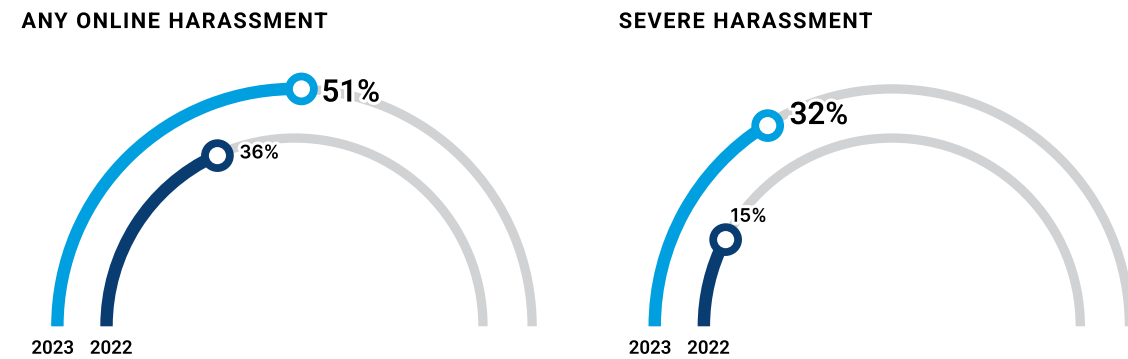
Source: YouGov Survey on behalf of ADL

Platforms Where Harassment Took Place Among Teens

Harassment Increased for Teens on Facebook, Instagram, YouTube, WhatsApp, and TikTok

Share of teenagers who experienced any type of online harassment on the following platforms in the previous 12 months

Platform	'22	'23
Facebook	42%	53%
Instagram	34%	48%
Youtube	17%	35%
WhatsApp	15%	34%
TikTok	21%	33%
Snapchat	34%	31%
Telegram*		30%
Twitter	22%	27%
Discord	16%	17%
Twitch	12%	16%
Reddit	8%	11%
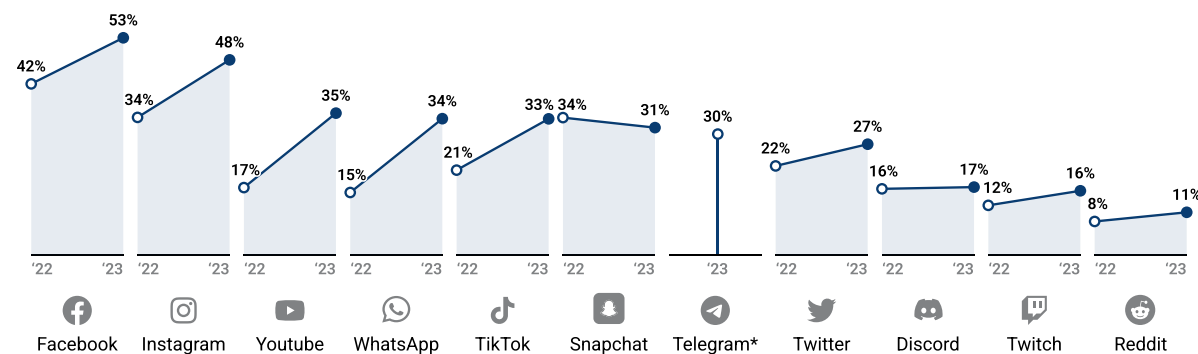
*Source: YouGov Survey on behalf of ADL. *2023 was the first year the survey asked teens about Telegram.*

Outcomes of Harassment for Teens
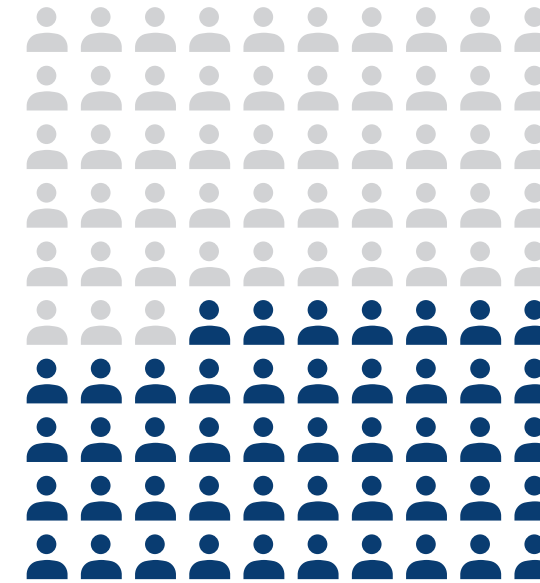
47%

of teenagers who were harassed in the past 12 months said online harassment led to offline / in-person harassment

Source: YouGov Survey on behalf of ADL

Controversial Topics Among Teens

Many Teens Saw Topics That Were Misogynistic or Were Homophobic

Share of teenagers who have seen information about the following topics on social media in the previous 12 months

"LGBTQ+ people are grooming children to adopt their lifestyle"

27%

"Women should primarily serve men (e.g., influencers such as Andrew Tate or Classically Abby)"

20%
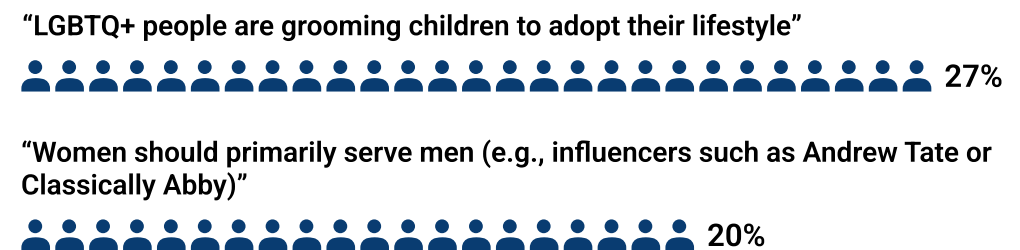
Source: YouGov Survey on behalf of ADL

Methodology

The annual online hate and harassment survey of American adults is conducted on behalf of ADL by YouGov, a public opinion and data analytics firm. The survey examines American adults' experiences with and views of online hate and harassment. A total of 2,139 completed surveys were collected to form a nationally representative base of Americans age 18 and older, including oversamples from those who self-identified as Jewish, Muslim, Black or African-American, Asian American, Hispanic or Latino, Transgender, or LGBQ+. This was also the first year that we oversampled transgender respondents separate from LGBQ+ respondents. We oversampled the Jewish population until at least 500 Jewish Americans responded. For other oversampled target groups, responses were collected until at least 200 Americans were represented from each. Data was weighted on the basis of age, gender identity, race, census region, and education to adjust for national representation. All respondents were based in the United States, and the survey was conducted in English. YouGov surveys are taken independently online by a prescreened set of panelists representing many demographic categories. Panelists are weighted for statistical relevance to national demographics. Participants are rewarded for general participation in YouGov surveys, but ADL did not directly reward them for their participation in this survey. Surveys were conducted from March 7-24, 2023. Data for ADL's previous annual online harassment surveys was collected in January 2020, January 2021, and January 2022.

The surveys asked about lifetime experiences online as well as experiences in the past 12 months. The margin of sampling error for the full sample of respondents is plus or minus two percentage points. Unless otherwise noted, year-over-year differences are statistically significant at the 90% confidence level or higher.

The youth survey of 550 13-17-year-olds was also conducted on behalf of ADL by YouGov. Surveys were conducted from March 23-April 6, 2023. The survey examines American teens' experiences with and views of online hate and harassment. Data was weighted on the basis of age, gender identity, and race to adjust for national representation. The margin of sampling error for the full sample of youth is plus or minus four percentage points.

Appendix (Adult Results)

1. Overall harassment among adults, lifetime

Share of American adults who have ever experienced the following types of online harassment
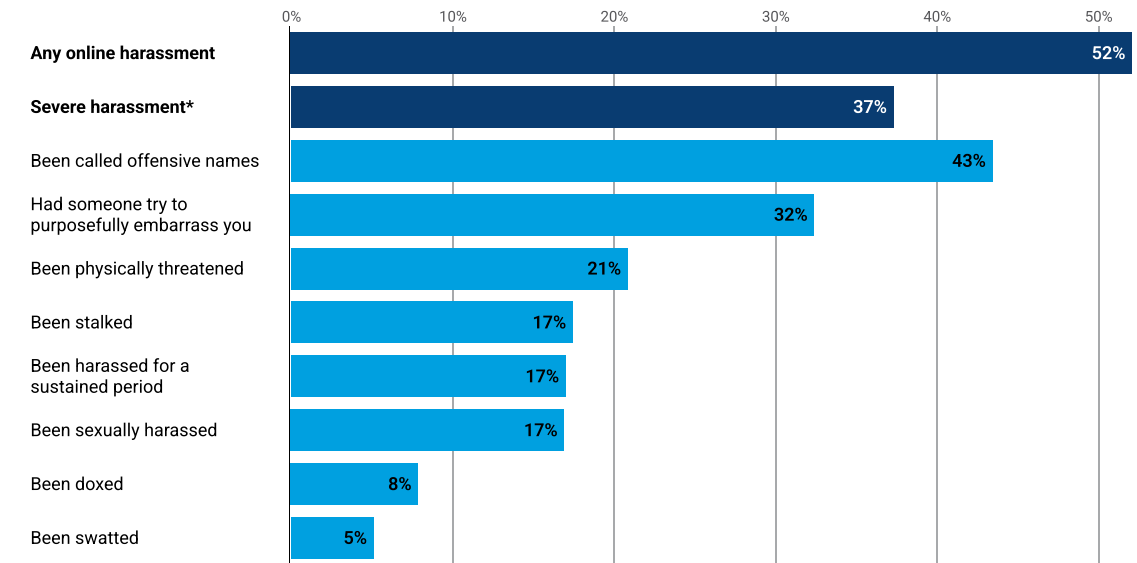
*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 2,139*
Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

2. Overall harassment among adults, past 12 months

Share of American adults who experienced the following types of online harassment in the past 12 months
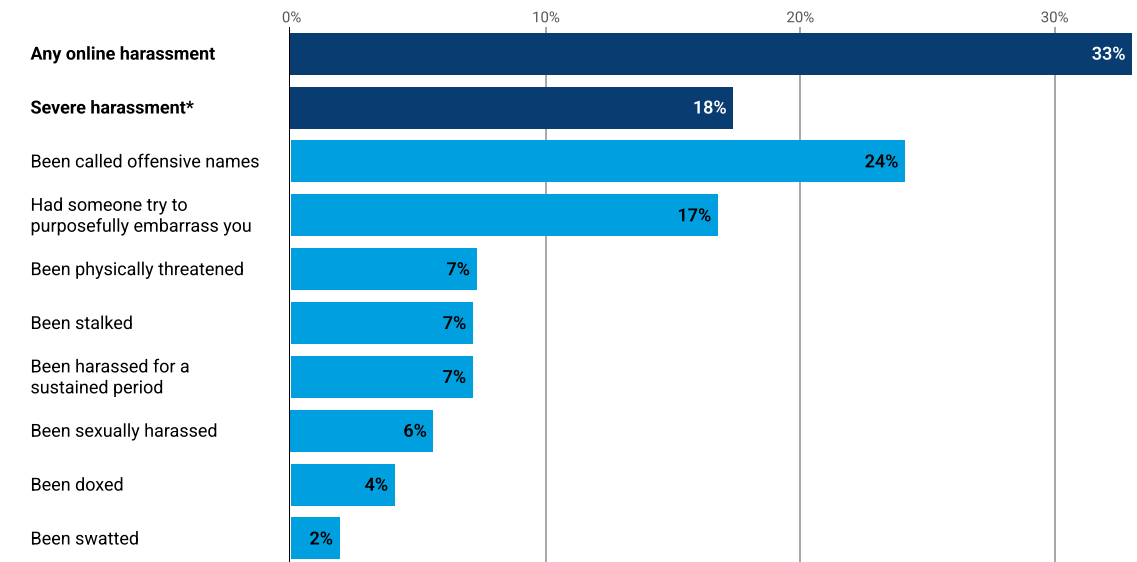
*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 2,139*
Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

3. Reasons for harassment among adults, in the past 12 months

Share of American adults who cited the following reasons for online harassment in the past 12 months
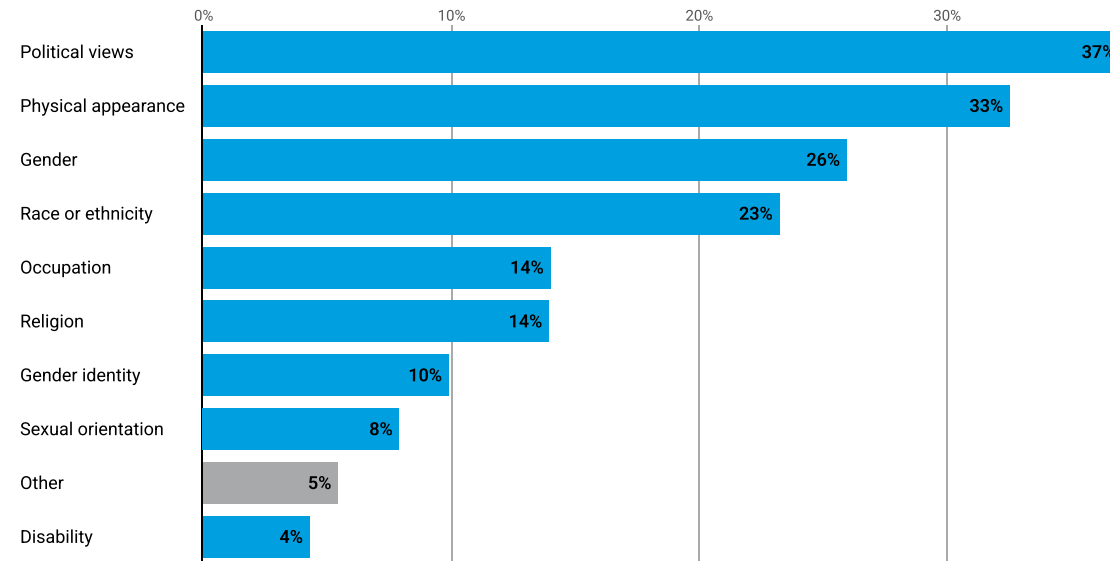
Reason	%
Political views	37%
Physical appearance	33%
Gender	26%
Race or ethnicity	23%
Occupation	14%
Religion	14%
Gender identity	10%
Sexual orientation	8%
Other	5%
Disability	4%

*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 1,123*

4. Reasons for harassment by identity (selected)

Share of American adults from marginalized groups who cited the following reasons for online harassment in the past 12 months

○ Marginalized group

Race or ethnicity
- People of color* 52% (n=447)
- White people 18% (n=663)

Gender
- Women 38% (n=336)
- Non-women 16% (n=361)
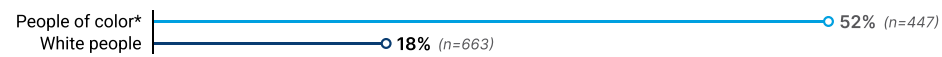
Sexual orientation
- LGBQ+ 54% (n=270)
- Non-LGBQ+ 9% (n=824)
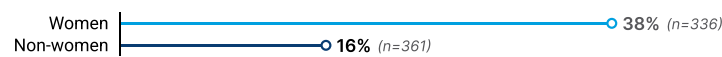
Gender identity/gender presentation
- Transgender 61% (n=204)
- Non-transgender 13% (n=887)

Religion
- Jewish 33% (n=211)
- Non-Jewish 16% (n=912)
- Muslim 41% (n=117)
- Non-Muslim 16% (n=1,006)
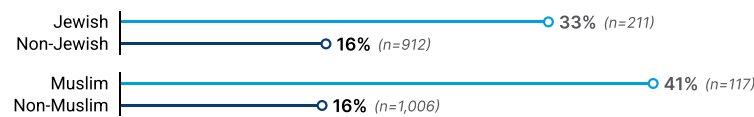
Among those who were harassed online. All values are significantly lower (p<0.5) than the marginalized group.
*People of color includes Black/African American, two or more races, Hispanic/Latino, Asian American, Native American, and Middle Eastern.
Source: YouGov Survey on behalf of ADL. Data is excerpted from larger dataset.

5. Platforms where harassment took place in the past 12 months, adults

Share of American adults who experienced online harassment on the following social media platforms in the past 12 months

Platform	%
Facebook	54%
Instagram	27%
Twitter	27%
TikTok	19%
Youtube	18%
Snapchat	15%
Reddit	15%
WhatsApp	14%
Discord	10%
Telegram	7%
Twitch	6%
Other	8%
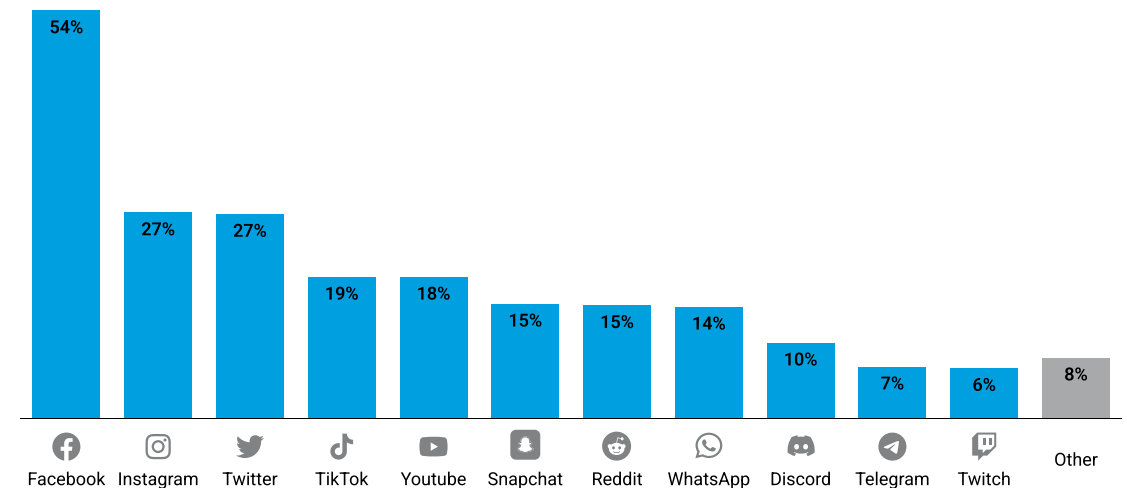
*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 697*

6. Types of harassment by gender, adults

Share of American adults who have experienced the following types of online harassment in the past 12 months, by gender

Values that are significantly different from the overall population | Significantly lower (p<.05) | Significantly higher (p<.05)

	MEN	WOMEN	OVERALL
Any online harassment	35%	31%	33%
Severe harassment*	18%	17%	18%
Been called offensive names	26%	22%	24%
Had someone try to purposefully embarrass you	18%	15%	17%
Been physically threatened	8%	6%	7%
Been harassed for a sustained period	6%	8%	7%
Been stalked	7%	7%	7%
Been sexually harassed	3%	8%	6%
Been doxed	4%	4%	4%
Been swatted	2%	2%	2%
Unweighted N	977	1,102	2,139

Source: YouGov Survey on behalf of ADL.
*Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

7. Types of harassment by race or ethnicity, adults

Share of American adults who have experienced the following types of online harassment in the past 12 months, by race or ethnicity

Values that are significantly different from the overall population   `Significantly lower (p<.05)`   `Significantly higher (p<.05)`

	WHITE	BLACK/AFRICAN AMERICAN	HISPANIC/LATINO	ASIAN AMERICAN	OTHER RACE†	OVERALL
Any online harassment	34%	38%	30%	26%	37%	33%
Severe harassment*	16%	26%	15%	18%	32%	18%
Been called offensive names	26%	25%	19%	21%	29%	24%
Had someone try to purposefully embarrass you	16%	27%	13%	12%	18%	17%
Been physically threatened	6%	15%	6%	10%	25%	7%
Been harassed for a sustained period	8%	12%	2%	6%	1%	7%
Been stalked	7%	12%	6%	8%	1%	7%
Been sexually harassed	6%	4%	4%	7%	7%	6%
Been doxed	4%	7%	4%	3%	1%	4%
Been swatted	2%	4%	2%	1%	0%	2%
Unweighted N	1,292	238	268	249	92	2,139

Source: YouGov Survey on behalf of ADL.
*Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.
†Other race includes Native or Indigenous American, Middle Eastern, two or more races, and other.

8. Types of harassment by sexuality, adults

Share of American adults who have experienced the following types of online harassment in the past 12 months, by sexuality

Values that are significantly different from the overall population   `Significantly lower (p<.05)`   `Significantly higher (p<.05)`

	HETEROSEXUAL OR STRAIGHT	LESBIAN OR GAY WOMAN/GAY MAN/BISEXUAL/OTHER	OVERALL
Any online harassment	33%	47%	33%
Severe harassment*	17%	28%	18%
Been called offensive names	24%	28%	24%
Had someone try to purposefully embarrass you	18%	11%	17%
Been physically threatened	8%	6%	7%
Been harassed for a sustained period	7%	10%	7%
Been stalked	7%	8%	7%
Been sexually harassed	6%	12%	6%
Been doxed	4%	8%	4%
Been swatted	2%	2%	2%
Unweighted N	1,738	343	2,139

Source: YouGov Survey on behalf of ADL.
*Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

9. Types of harassment by religion, adults

Share of American adults who have experienced the following types of online harassment in the past 12 months, by religion

Values that are significantly different from the overall population
`Significantly lower (p<.05)` `Significantly higher (p<.05)`

	CHRISTIAN†	JEWISH	MUSLIM	ATHEIST/ NOTHING	AGNOSTIC	SOMETHING ELSE	OVERALL
Any online harassment	35%	26%	38%	31%	37%	29%	33%
Severe harassment*	19%	14%	30%	16%	17%	13%	18%
Been called offensive names	22%	19%	17%	25%	33%	26%	24%
Had someone try to purposefully embarrass you	16%	13%	17%	17%	26%	14%	17%
Been physically threatened	7%	6%	11%	9%	10%	4%	7%
Been harassed for a sustained period	8%	8%	7%	8%	2%	4%	7%
Been stalked	9%	7%	9%	5%	2%	7%	7%
Been sexually harassed	4%	7%	16%	8%	7%	2%	6%
Been doxed	5%	4%	10%	4%	2%	2%	4%
Been swatted	2%	1%	6%	2%	0%	0%	2%
Unweighted N	635	511	207	488	108	130	2,139

Source: YouGov Survey on behalf of ADL.
*Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.
†Christian includes Roman Catholic, Protestant, Mormon and Eastern or Greek Orthodox.

10. Types of harassment by transgender status, adults

Share of American adults who have experienced the following types of online harassment in the past 12 months, by transgender status

Values that are significantly different from the overall population
`Significantly lower (p<.05)` `Significantly higher (p<.05)`

	TRANSGENDER	NOT TRANSGENDER	OVERALL
Any online harassment	51%	34%	33%
Severe harassment*	30%	18%	18%
Been called offensive names	36%	25%	24%
Had someone try to purposefully embarrass you	28%	17%	17%
Been physically threatened	8%	7%	7%
Been harassed for a sustained period	10%	7%	7%
Been stalked	17%	7%	7%
Been sexually harassed	18%	6%	6%
Been doxed	8%	4%	4%
Been swatted	2%	2%	2%
Unweighted N	247	1,846	2,139

Source: YouGov Survey on behalf of ADL.
*Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

11. Worry about future harassment, adults

Share of American adults who said they are worried about future harassment

Yes	23%
No	77%

Source: YouGov Survey on behalf of ADL. Unweighted N: 2,139

12. Worry about future harassment by reason, adults

Share of American adults who were worried about being harassed for the following reasons

Legend: ■ Very worried ■ Somewhat worried ■ Not worried ■ Did not select/other

Reason	Very worried	Somewhat worried	Not worried
Political views	28%	35%	37%
Gender	20%	36%	44%
Physical appearance	20%	36%	45%
Race or ethnicity	23%	30%	46%
Religion	16%	26%	58%
Occupation	11%	25%	64%
Sexual orientation	11%	22%	66%
Disability	9%	25%	67%
Gender identity	10%	18%	71%
Other			97%
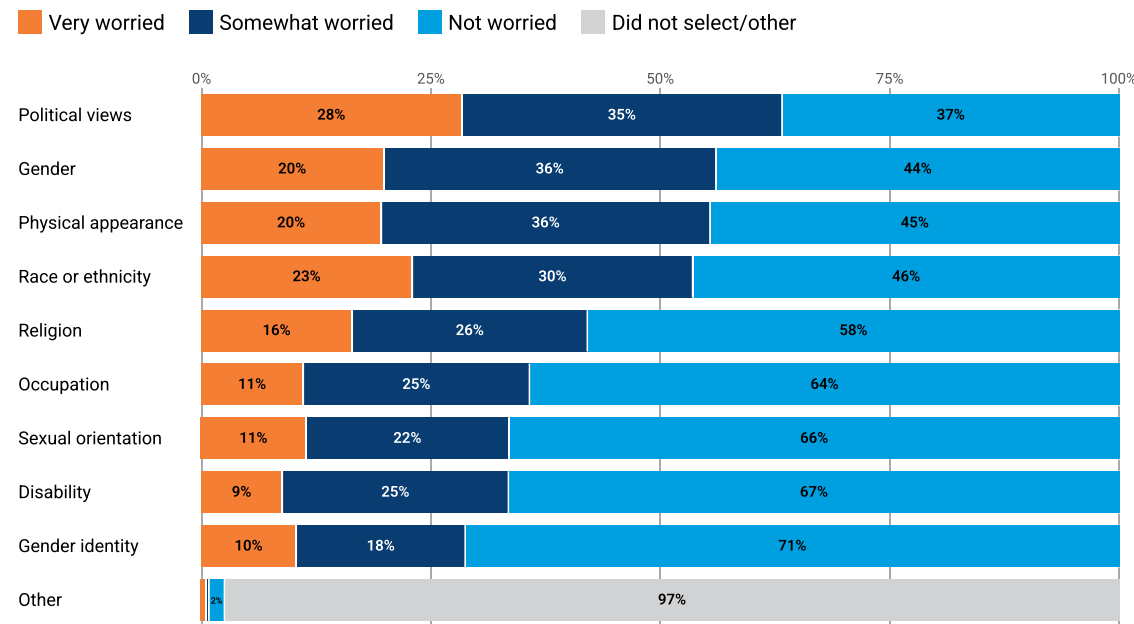
Source: YouGov Survey on behalf of ADL Unweighted N: 614

13. Outcomes of harassment, adults

Share of American adults who reported the following outcomes of online harassment, among those harassed

Outcome	%
Contacted the platform to ask for help or report the online hate or harassment	27%
Had trouble sleeping, had trouble concentrating, or felt anxious	26%
Taken steps to reduce risk to physical safety such as moving locations, changing your commute, or avoiding certain locations	16%
Been impacted economically in any way, which could include withdrawing from platforms and apps that could help provide economic opportunities such as professional networking	11%
Had depressive or suicidal thoughts	10%
Contacted the police to ask for help or report the online hate or harassment	8%
Contacted an attorney/filed a lawsuit	5%
None of the above	46%

Source: YouGov Survey on behalf of ADL. Unweighted N: 697

14. Reporting physical threats to platforms, adults

39% of Americans who were physically threatened online in the past 12 months **reported** that harassment to the platform

Did the platform take any action to address the physical threat in any way?

All yes	27%
Yes, the platform deleted the threatening content	21%
Yes, the platform blocked the user that posted the threatening content	19%
No, the platform did not take any action	38%
Don't know	35%

Among those who received a physical threat online in the past 12 months. Unweighted N: 156

61% of Americans who were physically threatened online in the past 12 months **did not report** that harassment to the platform

Why did you not report the physical threat to the platform?

I didn't think they could or would do anything about it	48%
I didn't think it would stop the threats	15%
I was too overwhelmed/stressed to report it	8%
The platforms reporting tools were too difficult to find/use	4%
I was afraid of repercussions from the abuser	1%
Other	24%
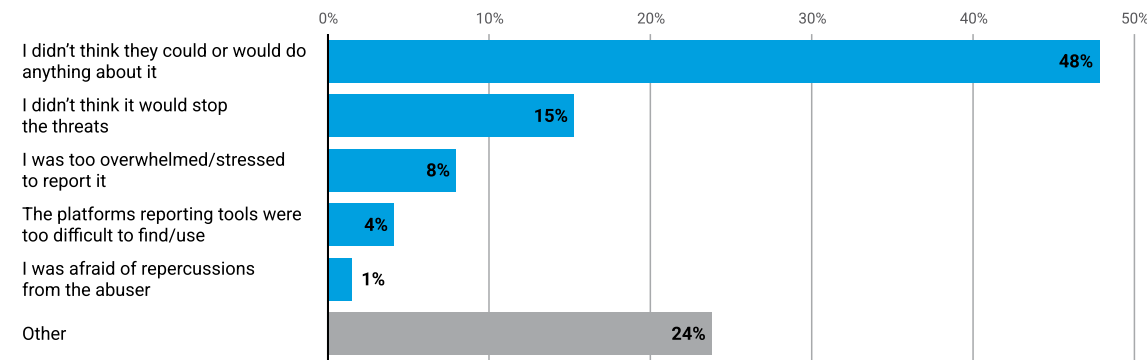
Among those who received a physical threat online in the past 12 months and did not report it to the platform. Unweighted N: 79

Source: YouGov Survey on behalf of ADL.

15. Attitudes about online harassment, adults

Share of American adults who agree with the following statements

Legend: ■ Strongly agree ■ Somewhat agree ■ Neutral/don't know ■ Somewhat disagree ■ Strongly disagree

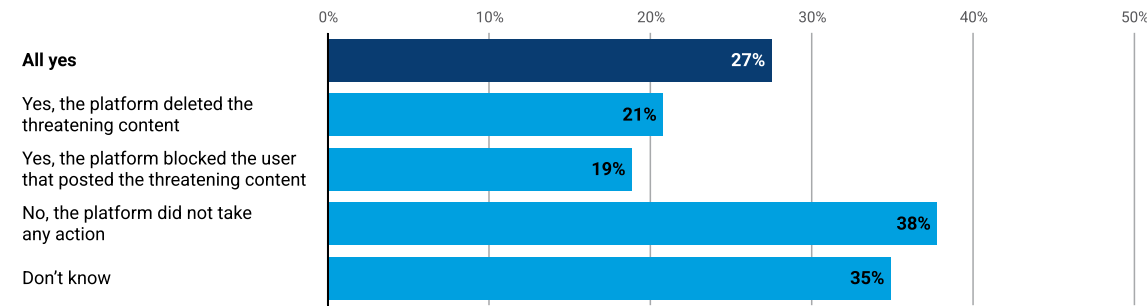| Statement	Strongly agree	Somewhat agree	Neutral/don't know	Somewhat disagree	Strongly disagree
I support laws against people posting private information (such as address or legal name) online without users' consent.	52%	23%	17%	5%	4%
Online platforms should ban content that encourages violence against a person or group because of their identity.	51%	22%	18%	5%	3%
Online platforms should ban content that expresses hate against a person or group because of their identity.	44%	23%	21%	6%	6%
There should be stronger laws against online hate and harassment.	43%	24%	23%	5%	5%
Online platforms (e.g., Facebook, Twitter) should give users more control over what they see in their feeds.	43%	31%	20%	5%	
It should be against the law for social media platforms to recommend extremist groups to users.	39%	22%	29%	5%	5%
Online platforms should ban users who break the rules.	38%	28%	24%	6%	4%
Online platforms should be more transparent in how they recommend content, e.g., by publishing regular reports.	35%	29%	29%	4%	
Online platforms are not doing enough to counter hate online.	29%	25%	33%	8%	5%
If I were harassed online, I do not believe police have the tools to help me.	24%	28%	29%	12%	6%
Online platforms should let independent experts access the site's data to conduct research.	19%	24%	36%	10%	10%
Online platforms do not make reporting hateful content and harassment easy.	18%	22%	40%	13%	6%

Source: YouGov Survey on behalf of ADL Unweighted N: 2,139

16. Exposure to Controversial Topics, adults

Share of American adults who were asked to support or engage with the following topics online in the past 12 months
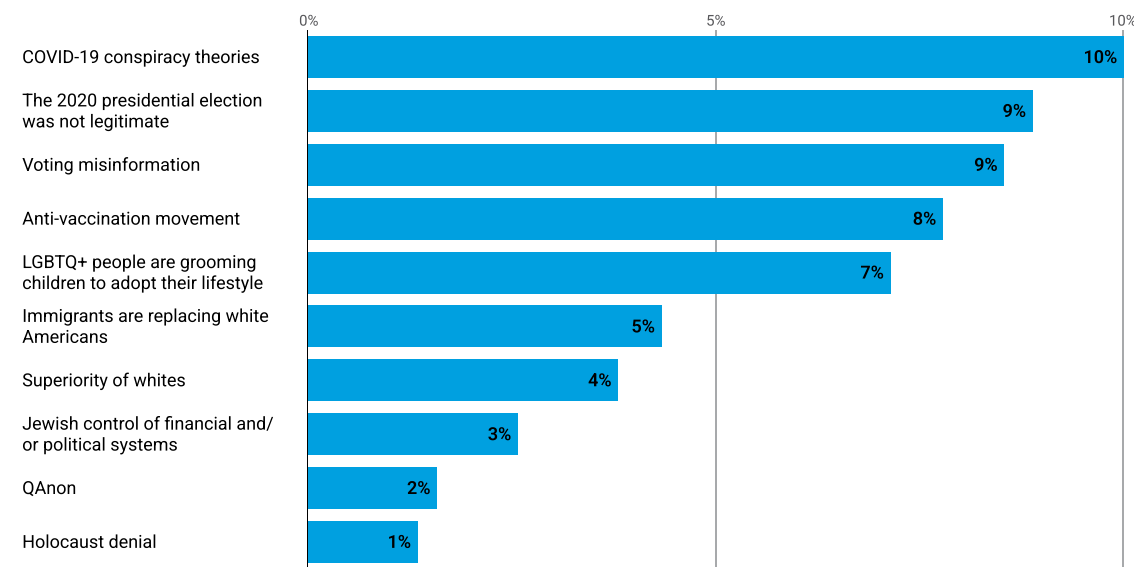
Topic	Value
COVID-19 conspiracy theories	10%
The 2020 presidential election was not legitimate	9%
Voting misinformation	9%
Anti-vaccination movement	8%
LGBTQ+ people are grooming children to adopt their lifestyle	7%
Immigrants are replacing white Americans	5%
Superiority of whites	4%
Jewish control of financial and/ or political systems	3%
QAnon	2%
Holocaust denial	1%

*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 2,139*

17. Overall lifetime harassment since 2020, Jewish adults

Share of Jewish people who have ever experienced the following types of harassment

Values that are significantly different from 2023 | Significantly lower (p<.05) | Significantly higher (p<.05)

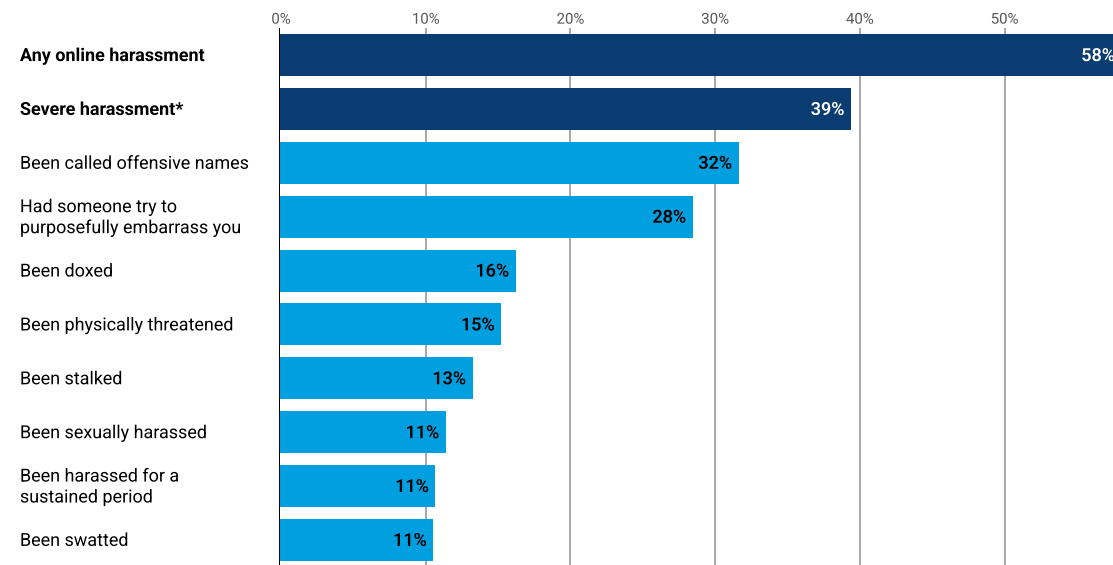|	2020	2021	2022	2023
Any online harassment	33%	36%	37%	44%
Severe harassment*	20%	22%	23%	31%
Been called offensive names	29%	31%	29%	35%
Had someone try to purposefully embarrass you	20%	22%	20%	28%
Been harassed for a sustained period	8%	11%	12%	15%
Been physically threatened	11%	13%	11%	14%
Been stalked	8%	7%	7%	14%
Been sexually harassed	7%	15%	11%	12%
Been doxed	5%	5%	6%	7%
Been swatted	1%	5%	1%	5%
Unweighted N	538	503	517	511

Source: YouGov Survey on behalf of ADL.
*Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

Appendix (Teen Results)
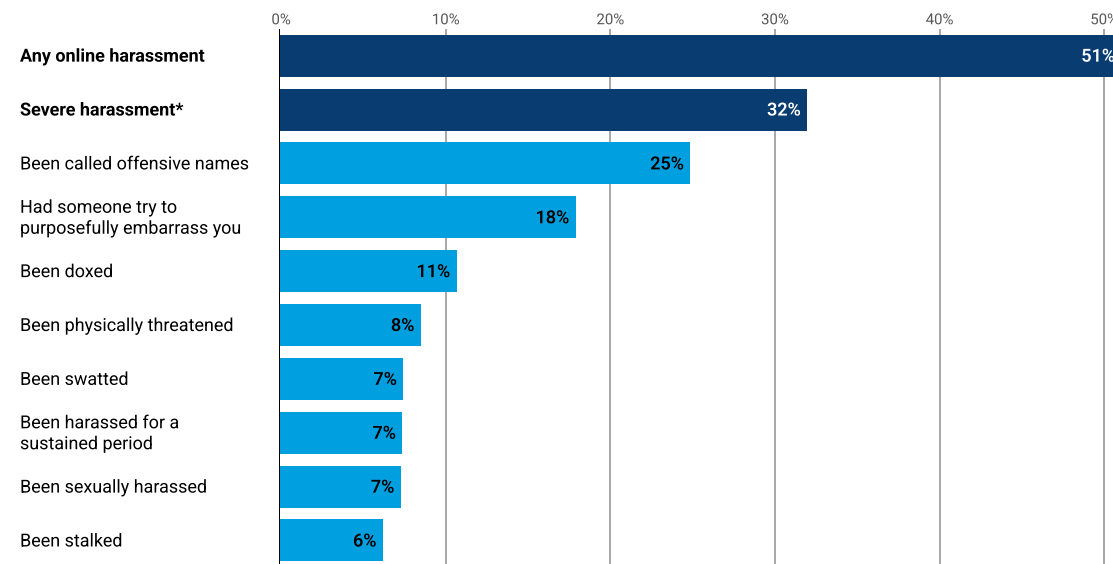
18. Overall harassment among teens, lifetime

Share of American teens who have ever experienced the following types of online harassment

Any online harassment	58%
Severe harassment*	39%
Been called offensive names	32%
Had someone try to purposefully embarrass you	28%
Been doxed	16%
Been physically threatened	15%
Been stalked	13%
Been sexually harassed	11%
Been harassed for a sustained period	11%
Been swatted	11%

*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 550*
Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

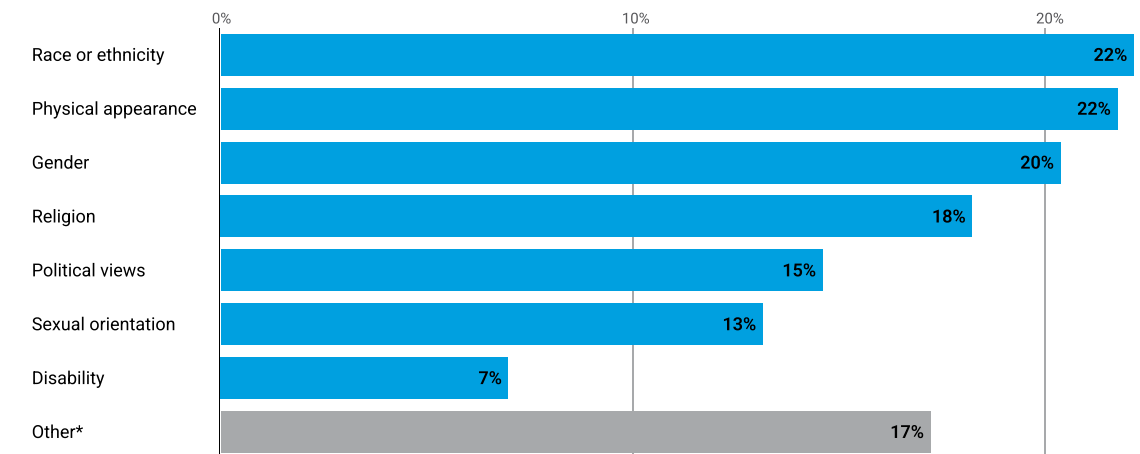## 19. Overall harassment among teens, past 12 months

Share of American teens who experienced the following types of online harassment in the past 12 months

Any online harassment	51%
Severe harassment*	32%
Been called offensive names	25%
Had someone try to purposefully embarrass you	18%
Been doxed	11%
Been physically threatened	8%
Been swatted	7%
Been harassed for a sustained period	7%
Been sexually harassed	7%
Been stalked	6%

*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 550*
Severe harassment includes physical threats, sustained harassment, stalking, sexual harassment, doxing, and swatting.

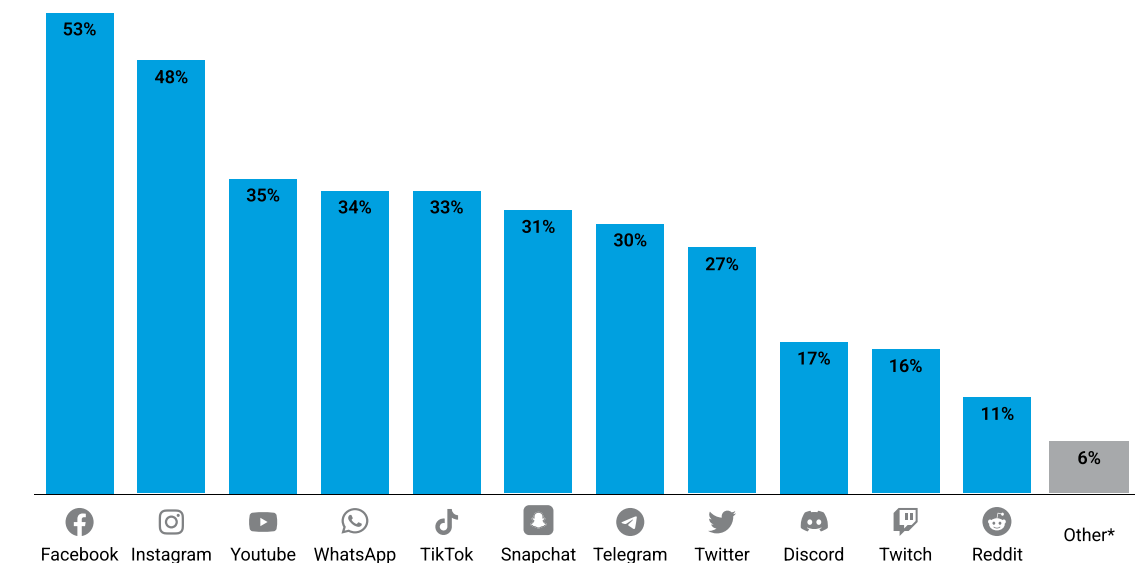## 20. Reasons for harassment among teens, in the past 12 months

Share of American teens who cited the following reasons for online harassment in the past 12 months

Race or ethnicity	22%
Physical appearance	22%
Gender	20%
Religion	18%
Political views	15%
Sexual orientation	13%
Disability	7%
Other*	17%

*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 287*
Other includes "other" and "none of these."

21. Platforms where harassment took place in the past 12 months, teens

Share of American teens who experienced online harassment on the following social media platforms in the past 12 months

Platform	%
Facebook	53%
Instagram	48%
Youtube	35%
WhatsApp	34%
TikTok	33%
Snapchat	31%
Telegram	30%
Twitter	27%
Discord	17%
Twitch	16%
Reddit	11%
Other*	6%

*Source: YouGov Survey on behalf of ADL. *Displayed values are rounded, and may not be identical. Unweighted N: 287*
Other includes "other" and "none of these."

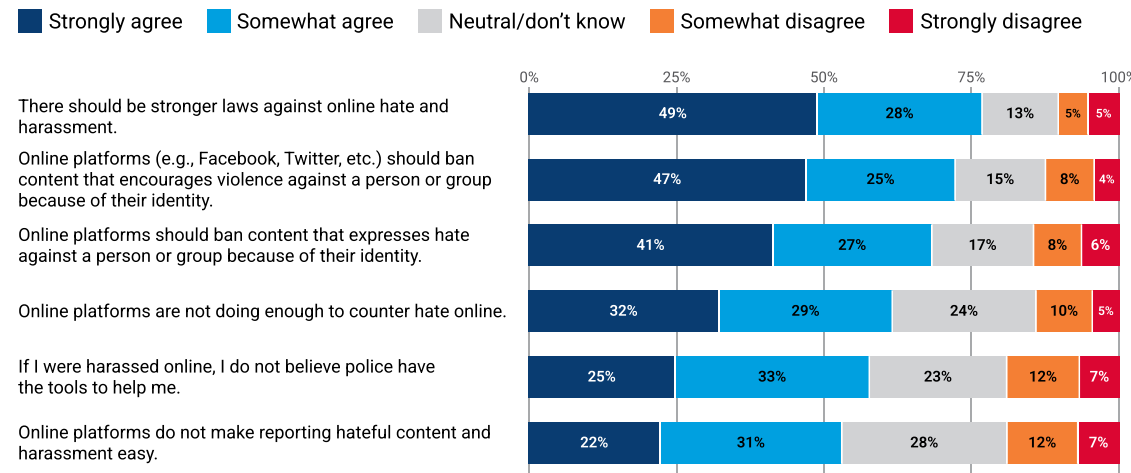## 22. Worry about future harassment, teens

Share of American teens who reported the following levels of concern for future harassment

Level	Percentage
Not at all worried	35%
Somewhat worried	49%
Very worried	16%
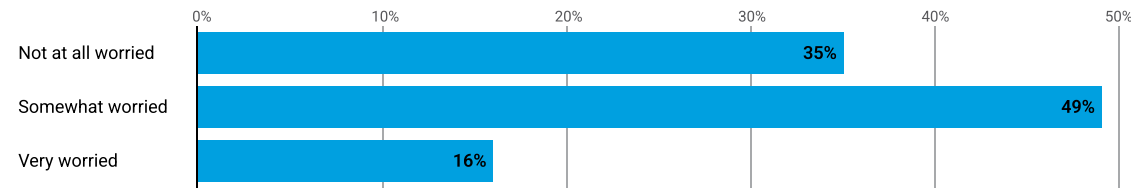
Source: YouGov Survey on behalf of ADL. Unweighted N: 550

23. Attitudes about online harassment, teens

Share of American teens who agree with the following statements

Legend: ■ Strongly agree ■ Somewhat agree ▨ Neutral/don't know ■ Somewhat disagree ■ Strongly disagree

Statement	Strongly agree	Somewhat agree	Neutral/don't know	Somewhat disagree	Strongly disagree
There should be stronger laws against online hate and harassment.	49%	28%	13%	5%	5%
Online platforms (e.g., Facebook, Twitter, etc.) should ban content that encourages violence against a person or group because of their identity.	47%	25%	15%	8%	4%
Online platforms should ban content that expresses hate against a person or group because of their identity.	41%	27%	17%	8%	6%
Online platforms are not doing enough to counter hate online.	32%	29%	24%	10%	5%
If I were harassed online, I do not believe police have the tools to help me.	25%	33%	23%	12%	7%
Online platforms do not make reporting hateful content and harassment easy.	22%	31%	28%	12%	7%

Source: YouGov Survey on behalf of ADL. Unweighted N: 550

24. Exposure to Controversial Topics, teens

Share of American teens who were exposed to the following topics online in the past 12 months

Topic	Percentage
COVID-19 conspiracy theories	41%
The 2020 presidential election was not legitimate	35%
Anti-vaccination movement	29%
LGBTQ+ people are grooming children to adopt their lifestyle	27%
Immigrants are replacing white Americans	25%
Superiority of whites	22%
Women should primarily serve men	20%
Jewish control of financial and/or political systems	17%
Holocaust denial	14%
QAnon	13%
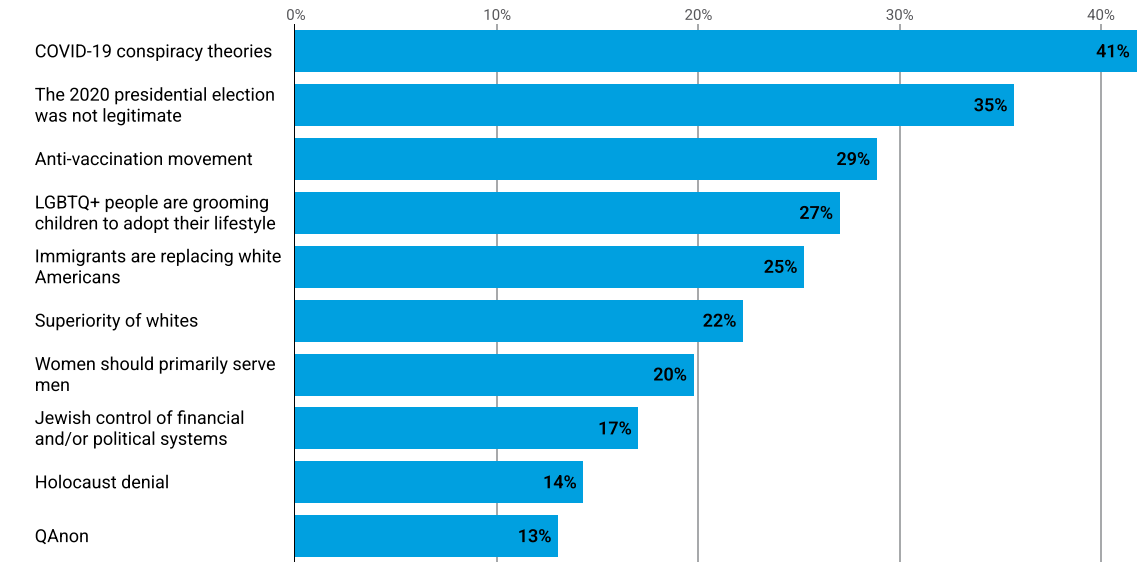
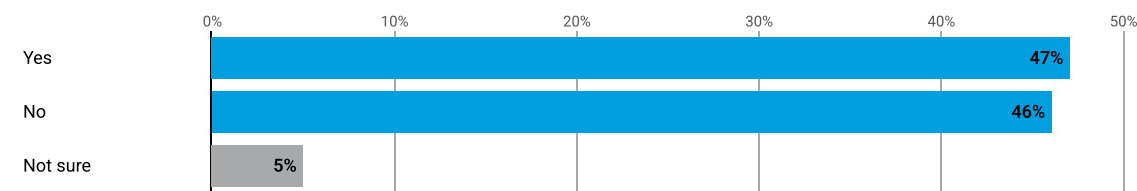*Source: YouGov Survey on behalf of ADL. Unweighted N: 550*

25. Outcomes of harassment, teens

Share of American teens who reported the following outcomes of online harassment, among those harassed in the past 12 months

Outcome	Percentage
Talked to a parent/guardian	48%
Talked to another adult I trust	43%
Reduced time spent using social media	37%
Contacted the platform to ask for help or report the online hate or harassment	26%
Contacted the police to ask for help or report the online hate or harassment	24%
Changed habits to avoid being alone or in certain locations	23%
Had emotional/mental health challenges	21%
Contacted an attorney/filed a lawsuit	17%
None of these	6%
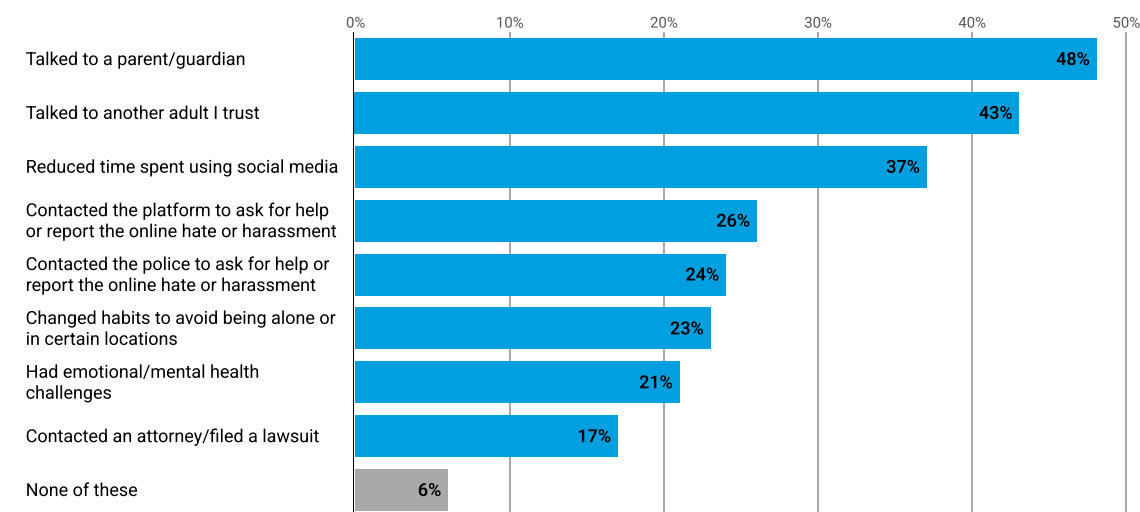
Source: YouGov Survey on behalf of ADL. Unweighted N: 287

26. Online harassment leading to offline harassment among teens

Share of American teens who reported online harassment leading to offline harassment, among those harassed in the past 12 months

Response	Percentage
Yes	47%
No	46%
Not sure	5%

Source: YouGov Survey on behalf of ADL. Unweighted N: 287

Support

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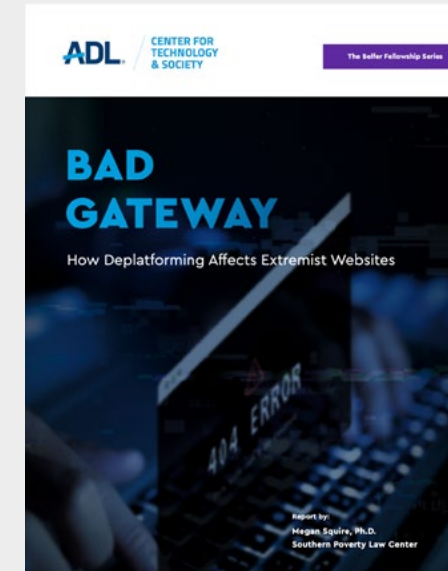
Creative Director: Bernardo Torres

Take Action

Partner with ADL to fight hate in your community and beyond.

- Sign up at adl.org for our email newsletters to stay informed about events in our world and ADL's response.

- Report hate crimes and bias-related incidents in your area to your regional ADL office.

- Engage in respectful dialogue to build understanding among people with different views.

- Get involved with ADL in your region.

Featured Resources

From the ADL
Center for Technology & Society

Bad Gateway
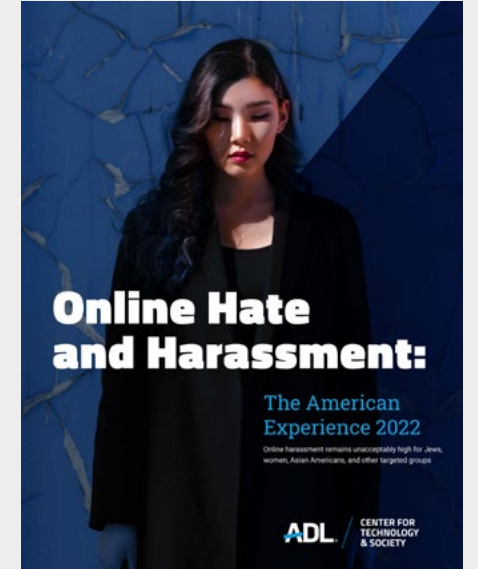How deplatforming affects extremist websites

https://www.adl.org/resources/report/bad-gateway-how-deplatforming-affects-extremist-websites

**Online Holocaust
Denial Report Card**

https://www.adl.org/resources/report/2023-online-holocaust-denial-report-card

Online Hate and Harassment
The American Experience 2022

https://www.adl.org/resources/report/online-hate-and-harassment-american-experience-2022

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📘 **Anti-Defamation League**

🐦 **@ADL**

📷 **@ADL_National**

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