

Response from Leigh Sales, ABC presenter:

1. What kind of impact did sexualised abuse on social media have on you personally and professionally?

I find my @ column on twitter virtually unusable because of the constant stream of abuse – it means people with legitimate stories or information can't contact me using that method. It forces me to use twitter almost exclusively to broadcast rather than interact. Personally, I take responsibility for my own wellbeing and avoid looking at much of it so to be honest, it has a negligible impact on me. Also, the sheer volume of it over years has made me immune to it but I really worry for younger journalists, the mentally or emotionally vulnerable, or people who suddenly experience a pile-on. I've seen colleagues become very rattled by it.

2. What do you hope to achieve by naming and shaming some of the trolls?

I think men don't realise the sheer volume of this stuff that's directed at female public figures, and the frequently sexual nature of it. I want people to be aware of it. Even the non-sexist abuse on twitter is extreme. People think they're sending one nasty comment but the recipient might be getting thousands and it's straight out bullying. I don't know how female or male politicians take it, the abuse levelled at them is extreme and horrific.

3. What can the industry and social media giants do to support female journalists who are being trolled?

Twitter should have all users under their real names, not anonymous accounts. The media industry should make sure to educate staff about how to protect their mental health but individuals also need to take personal responsibility. Just don't look at it. Do something meaningful in the real world like have a laugh with your friends.