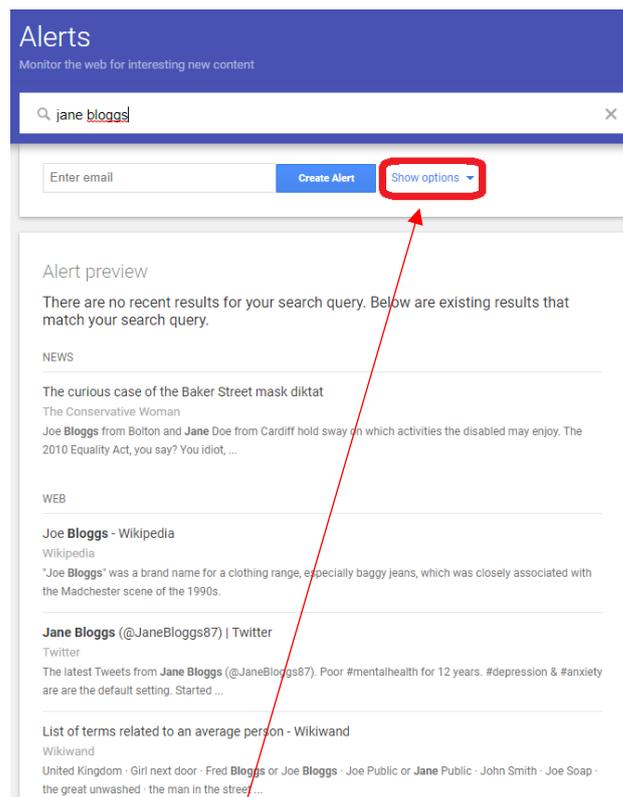


How to set a Google Alert for your name or image

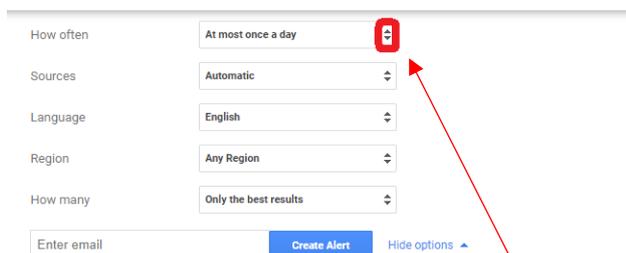
If you have found abusive posts or images of yourself, you can set up a Google Alert to see if they have been shared anywhere else on the internet. Please only take these steps if it is safe to do so.



1. On <https://www.google.co.uk/alerts>, enter a search term associated with what you are trying to find. For example, your name, a nickname, or a description of the image.



2. Click on Show options.



How often: At most once a day

Sources: Automatic

Language: English

Region: Any Region

How many: Only the best results

Enter email: [text input] Create Alert Hide options

3. Where it says How often, click on the drop-down button.

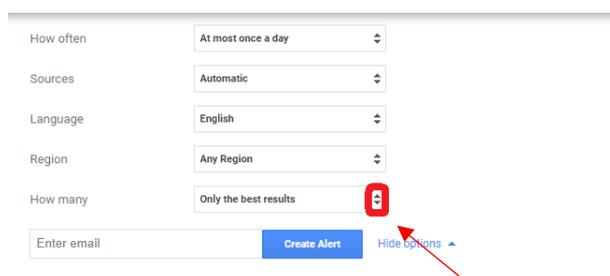
As-it-happens

At most once a day

At most once a week

4. In the drop-down menu, click on the option you want.

If it is immediately after a new post, you may want to select As-it-happens, but if you intend to leave the alert on long-term, you may want to select At most once a week, as daily notifications could increase anxiety.



How often: At most once a day

Sources: Automatic

Language: English

Region: Any Region

How many: Only the best results

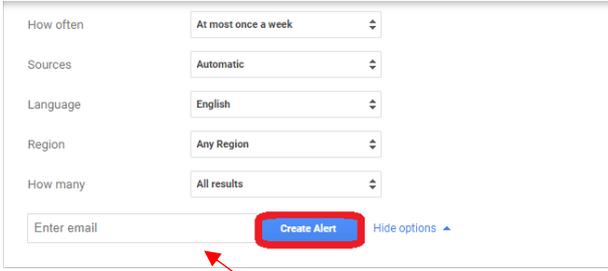
Enter email: [text input] Create Alert Hide options

5. Where it says How many, click on the drop-down button.

Only the best results

All results

6. In the drop-down menu, click on the option you want.



How often: At most once a week

Sources: Automatic

Language: English

Region: Any Region

How many: All results

Enter email: Create Alert [Hide options](#)

7. Enter your Google email address, then click on Create Alert.

If you do not have a Google email account, you can create one.

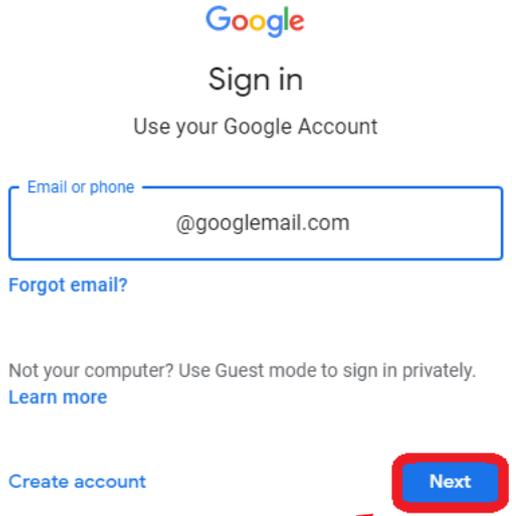


Enter your password

Show password

[More ways to sign in](#) Next

9. Enter your password, then click on Next.



Google

Sign in

Use your Google Account

Email or phone:

[Forgot email?](#)

Not your computer? Use Guest mode to sign in privately. [Learn more](#)

[Create account](#) Next

8. Click on Next.



Create Alert [Show options](#)

10. Click on Create Alert.

Was this information helpful?

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