My personal experience around hate speech

For the context, I'm a white woman living in Switzerland. I didn't directly experience hate speech online (more sexually inappropriate messages, but that's another topic), and here are my thoughts about why it is so.

Firstly, I'm part of many privileged categories (white, abled, heterosexual,…) and I correspond to the "norm" of what is socially acceptable for my age/gender/nationality…

Secondly, I know the risks of exposing myself to social media, or the internet in general, and I had strategies in place, to not be targeted. In my personal profiles, I never say my opinion. I censor myself, in many subjects, to be safe from reactions. And I block accounts that I know could be dangerous to me in the future in prevention. And I vent about prejudices against me as a woman only in a dedicated and totally anonymous account that has no visibility, so that it can't affect me personally.

And this is absolutely not how it should be. I shouldn't have to police my thoughts about my experiences and my life to avoid being targeted by others. And that's why I think it is really important to understand these dynamics and act at the base, because I think I'm not the only one who uses those strategies to protect themselves, but doing so, is denied the right of free speech and allowing more space to the haters.