**#MeToo** is a social media hashtag used to demonstrate the widespread prevalence of sexual assault and harassment.

Social Activist Tarana Burke originated the phrase to help survivors realize they are not alone.

Actress Alyssa Milano popularized the hashtag in October 2017 when she encouraged women to tweet it so others would get a sense of magnitude of the problems that affect countless women.

**#MeToo** has been posted online millions of times, often with an accompanying personal story of sexual harassment or assault.