How to Preserve Messenger Harassment Chats Before Filing a Police Complaint in Bangladesh

When online harassment moves from an uncomfortable conversation to threats, repeated abuse or intimidation, the first priority is safety. A readable chat export can help you organize what happened, but it does not replace the original account, the device or a police investigation.

Important: This is practical documentation guidance, not legal advice or an official police form. A chat PDF is a supporting copy, not a guaranteed admissible record or a substitute for the original conversation. For urgent safety concerns contact appropriate local emergency services. Confirm current procedures directly with the relevant authority.

Safety first, then preservation

If someone has threatened immediate physical harm, do not delay seeking help while an export runs. Get to a safe place and contact local police or Bangladesh’s emergency service. If the problem is less immediate, stop engaging with the harasser and make a brief record of when the behavior began.

Preserve any messages you lawfully have access to. Do not hack another account, impersonate someone, or publish a private exchange publicly to “prove” a point. Avoid alerting the other party to a collection plan when that would create a safety risk.

Keep the original source available

Retain the original Messenger conversation, account profile link, screenshots showing the relevant interface and dates, and any notifications or related email. Save a note of your device, timezone, approximate time of capture and account used.

A downloaded PDF is easier for an officer to read, but it is a derivative copy. Keep the unaltered source if possible. If the messages disappear, note the loss honestly rather than filling gaps from memory.

Export an organized conversation copy

Open the correct chat in Facebook Messenger and verify the participant’s name. Start Chat Exporter Pro’s Local Export, use Auto Scan if the history is long, and produce a PDF for reading. When available, an organized ZIP or CSV can complement the PDF with message rows and accessible attachments.

Before sharing, compare the beginning, several distinctive messages and the latest message against the live conversation. Check sender sides, timestamps, missing images, duplicate blocks and gaps; a failed or partial scan must not be described as complete.

Prepare the complaint packet

Write a one-page, neutral timeline: who contacted you, when, on which platform, the exact behavior reported and what impact or threats occurred. Attach clearly labelled supporting materials; keep a separate original backup.

For a Bangladesh report, contact the appropriate police station or a verified official reporting channel. Online GD may serve some incident types, but a GD and a criminal case are different procedures; ask the authorities which one fits the incident.

What to say to the receiving officer

Describe the actual conduct instead of trying to pick a law or charge yourself. Explain which files are originals, screenshots or exports, and whether you can still open the conversation on your own device.

For women facing cyber abuse, Bangladesh Police lists a dedicated Police Cyber Support for Women service. Contact information can change; confirm details on the official site before sharing sensitive files.

Practical step-by-step checklist

1. Prioritize physical safety and stop replying to threatening messages.
2. Record the account name, profile URL, dates and a factual incident timeline.
3. Save screenshots and the original conversation; export PDF and, where suitable, CSV/ZIP.
4. Verify first, middle and final messages, names and media in the exported copy.
5. Contact an appropriate police channel, describe the evidence source and ask for a receipt/reference.

Complaint outline (not an official form)

Subject: Request to record and review online harassment.

Incident dates and approximate times: _____

Account or profile involved: _____

What happened (facts only): _____

Safety concerns or threats: _____

Available supporting records (original chat, screenshots, PDF, ZIP): _____

Requested assistance and contact details: _____

Common questions

Will a PDF automatically prove a crime?

No. It is a readable supporting copy; authenticity, admissibility and investigative steps depend on the facts and the competent authority.

Should I delete the harasser’s messages after exporting?

Do not delete your original evidence merely because a PDF exists. Preserve the source and ask an adviser about retention.

Relevant official resources

Bangladesh Police — official site — https://www.police.gov.bd/

Bangladesh Police — Online GD — https://gd.police.gov.bd/

Bangladesh Police — Police Cyber Support for Women — https://www.police.gov.bd/en/police_cyber_support_for_women

Online article: https://chat-exporter-pro.com/blog/messenger-harassment-evidence-police-complaint-bangladesh.html