

Smart Tips: How to handle online aggression

1 Reach out to a trusted adult

You don't have to face online aggression alone.

2 Disengage

Ask, "How can I bring this situation to an end?"

3 Log off & block harassers

It's ok to walk away from toxic friendships.

4 Use privacy settings

Take charge of information others can see about you.

5 Take screen shots

Screen shots of instances of aggression are good evidence to share with adults.

6 Be a positive influence

Don't "like" or "share" negative posts.

7 Report it

Most social media sites have anonymous reporting systems.

8 Empathize

Before you post something negative about someone, think about how you would feel if it happened to you.

9 It's not your fault

If you face online aggression, remember you're not to blame.

10 Be a friend

If you see someone being picked on online, be a friend!

