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!