Intervening in abuse online

Receiving abuse online can be a harrowing experience, and can leave the victim feeling isolated and scared. If you feel you should respond to an abusive post, check with the victim first. They may not want to escalate the situation. Send them a private message to find out if they want your help. If they do, you could:

• **Report abusive or inappropriate content.** If you see a post threatening violence, mocking, or verbally abusing someone, you can report it to the social media platform. This small step can help get sensitive content flagged and removed.

• **Speak out against harmful comments.** If you are comfortable doing so, respond to abusive comments. Say something like “This is a horrible thing to say.”

• **Post supportive comments, messages, or hashtags** in response to the content of the person targeted by abuse.

• **Support positive messages.** Like, share, and respond to comments that support the person who is being targeted. Often, the more you engage with positive content, the more visible it is to others.

• **Block, unfollow, or unfriend the perpetrator.**

• **Above all, remain calm and think about what you are saying before you post it.** Don’t write anything in anger.