# *Common Sense on*
# Handling Haters and Trolls

Many of us have been around cyberbullying. Whether we know a victim, a bully or just saw someone get picked on online, we've seen how the internet, anonymity and a little bit of peer pressure can lead people to gang up and spread lies on social media, mass-text inappropriate pictures or post insults on someone's wall just to see how they'll react. But these actions don't only exist online. They can lead to emotional and even physical harm in real life.

Most kids aren't bullies, but just standing by and not joining the mob isn't enough.

Here are some common sense tips on stopping cyberbullying:

**Saying it's ok, doesn't mean it is.** Just because someone says it's an inside joke or part of a story, doesn't make it ok. An excuse doesn't make it any less hurtful.

**Trust your gut about what crosses the line.** If you see something that makes you at all concerned or scared for yourself or someone else, it's time to get help.

**Think about how a victim feels.** Try to understand how cyberbullying can impact victims now and later in life. Listen to the targets of bullying and become their ally.

**Don't expect a problem to solve itself.** Adults don't always know what's going on. If something does happen, your friends, parents or another trusted adult may be able to help you through the situation. Reporting an incident to a website administrator can be an important step.

**Disengage.** If you or a friend is being targeted, ignore and block the bully, and even log off the computer for a while. Cyberbullies are often just looking for attention and status, so don't let them know that their efforts have worked.

**Don't forget to look in the mirror.** Your friends might have laughed when you posted it, but was it funny or just mean? It's possible to get caught up in cyberbullying without realizing how hurtful you're being. Think carefully about what you're posting online.

common sense media