



Let's Tackle Online Hate Together



Make sure you know how to report content on any sites or apps that you use. Don't be afraid to report any hateful posts that you see.



Don't respond to the people positing hate: sometimes an ongoing conflict is exactly what they want. Instead, report, block and unfollow them.



Set a positive example through your own online behaviour. Before you post or share anything, ask yourself if you would say it to someone offline.



Show support for online campaigns against hate and 'like' posts that you see promoting positive messages. You could leave an encouraging comment, too!



If you see upsetting messages online, talk to your friends and family about them. Maybe take a break from the app or site you saw them on.



Remember that you have the power to shape your online world. Engage with posts or accounts that inspire kindness and connection, and block or unfollow the ones that don't.