Someone Just Trolled Me... Now What?

START

Did something online sting?
😕 Sarcastic emoji / 💬 Snide comment / 😡 Harassing message / 🕯️ You saw someone else get trolled?

NO → **EXIT**

YES →

What type of trolling was it?

Targeted at me →

How do you feel right now?
😤 Angry | 😢 Hurt | 😶 Frozen

Too hurt to respond?

YES → **Take a Break**
Breathe deeply, get up, move around, and step away from the screen.

NO → **Assess the Comment**
Tip: Use the REACT method – Review, Evaluate, Assess, Consider, Take action

Harrassment
Hate, threats, doxxing, impersonation

Report and Block
Screenshot if needed
Report to the platform

Depending on severity, report to:
🛡️ eSafety Commissioner – esafety.gov.au/report
🚓 Police
🏫 School or Employer

Clearly a Troll →

Where did it come from?

- 👔 **LinkedIn Work Forum** → **Respond Professionally** → **Do not engage further**
- 📱 **Personal Social Media** → **Delete or Block**
- 💬 **Group Chat** → **Message or Leave**
- 📢 **Public Forum** → **Ignore or hide**

Reset and Recharge
🚶 Walk | 🎵 Music | 🧘 Grounding | 💬 Call someone safe | 📂 Re-read positive feedback | 🔌 Disconnect for a bit

Reconnect with Values

Still feeling it?

YES → **Get extra support**
🧠 Talk to a mental health professional 🩺 Book a GP appointment for a mental health plan ☎️ Lifeline – 13 11 14 ☎️ Kids Helpline (ages 5–25) – 1800 55 1800 ☎️ Beyond Blue – 1300 22 4636 🌱 Headspace (12–25) – headspace.org.au 🌐 ReachOut – au.reachout.com 🛡️ eSafety Commissioner – esafety.gov.au/report

NO → **Final Mantra**
You are safe. You are enough.
Their response isn't your truth.

I saw it happen to someone else. Did it affect you?

NO → **Scroll on mindfully** 🌱 → **EXIT**

YES →

YES, IT AFFECTED ME.
It's normal to feel upset, even as a bystander.
Take a break, breathe, reflect.
You could:

- Check in with the person targeted
- Report the comment
- Talk to a trusted adult or colleague

If you're a student, you can also speak to a trusted teacher or school staff member before escalating elsewhere

Did they apologise?

YES →

Send them a private message.
"Hey, I noticed the 🙃 on my post – just checking in."

Do you know them?

YES → **Send them a private message.**

NO → **SET BOUNDARY OR BLOCK** → **Do not engage further**

NO → **Scroll on mindfully** 🌱 → **EXIT**

Blended
CITIZENS PROJECT

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