

Checklist for Dealing with Internet Trolls

After reading through the "8 Tips for Dealing with Online Trolls," use this checklist to ensure you're prepared to handle trolls effectively:

1. Starve Your Troll:

- Ignore inflammatory comments.
- Avoid engaging with obvious trolls.
- Do not respond to provocative messages.

2. Be the Boss:

- Establish clear guidelines for your online space.
- Implement a "no trolling" policy.
- Regularly review and update your guidelines.

3. Record It:

- Take screenshots of abusive messages.
- Save evidence of repeated trolling.
- Keep a record of any threats or harassment.

4. Kill Them with Kindness:

- Respond to negative comments with positive, kind messages.
- Avoid escalating the situation with anger.
- Use empathy to defuse tension.

5. Disarm Them with Humor:

- Use witty, humorous replies to diffuse trolling.

- **Share funny memes or jokes in response to troll comments.**
- **Maintain a light-hearted tone to keep the situation under control.**

6. Friends-Only Social Profile:

- **Set your profile to friends-only to limit troll access.**
- **Regularly review your privacy settings.**
- **Customize visibility for specific posts.**

7. Block, Ban, or Report Trolls:

- **Use platform tools to block persistent trolls.**
- **Report abusive content to platform moderators.**
- **Ban trolls from your online community.**

8. Decompress Before You Reply:

- **Take a deep breath and step away before responding.**
- **Remind yourself that trolls seek to upset you.**
- **Respond calmly and rationally after you've cooled down.**

By following this checklist, you can effectively manage and mitigate the impact of internet trolls on your online experience.