

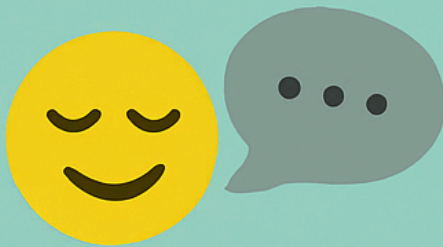


BCSALN

British Columbia Self-Advocate Leadership Network

Responding to mean comments on social media

1. Ignore



You don't have to respond to every mean comment. Use "scroll past" don't engage" when it feels right

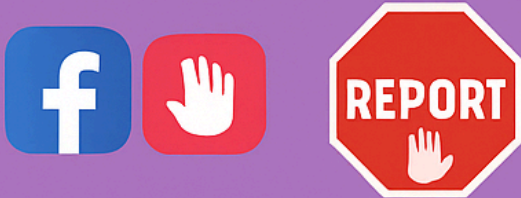
2. Educate



Everyone deserves respect and safety.

Calmly share the truth or correct harmful ideas. Keep it short and kind

3. Report & Block



Facebook & Instagram let you report hateful comments
Blocking removes the person from your space

4. Call a Friend



Tell a friend about the mean comment
They can respond in support of you

