

## Online Trolling and Cyber Bullying



Do you know what this picture is of?

It is a troll! In stories trolls tend to be angry monsters waiting to pounce on goats but in real life Internet trolls are the ones you really need to watch out for.

An Internet troll is someone who deliberately leaves offensive or unkind comments in order to get attention, cause trouble or upset a person or group. They may encourage others to join in and before long there can be a stream of nasty messages. It is a form of cyber bullying and can often affect the mental health of the person or people being targeted. It can also have a devastating impact on some young people if left undealt with so it is important to recognise and speak out about it.

### What are the different types of trolls?

There are mainly two types of troll. The first kind targets public figures with large social media followings in an attempt to get them to respond and draw attention to themselves through a wider audience getting involved.

The second type of troll are people who suffer from a psychological trait known as 'negative social potency' which means they enjoy causing harm to others and upsetting their victims gives them pleasure.

Many trolls attack due to boredom, or for revenge, or personal entertainment. They often want to hurt those who are successful and happy, because just like in real life bullying, they are often not happy themselves.

What advice would you give this troll?

You may also write any words or comments on the outline above that have personally impacted you.

### What to do if you are being trolled

The CCDH recommends the following tips if trolling happens to you.

- Take some time out from social media and be with those you can talk to
- Don't respond to the comments no matter how controversial they may be
- Block the accounts of the trolls where possible
- You can also block certain words from being used in comments
- If the words are abusive or threatening report it to the social media platform, a trusted adult or the police
- Get some mental health support from charities such as [youngminds.org.uk](https://www.youngminds.org.uk) if the comments have negatively impacted on your mental well-being.

If you have ever been tempted to troll yourself have a think about how that other person might feel. You may get into trouble for it and there are better ways to resolve a disagreement rather than putting all your views online. If you have done it out of anger, jealousy or even without knowing it, the best way forward is to apologise in writing a letter or email. For more support on trolling take a look at <https://www.bbc.co.uk/bitesize/articles/zfmrkj6>