

Coping Online with Racism Scale

Please rate the extent to which you engage in the following activities in response to online racism on the internet (e.g., encountering racist trolls; receiving racist comments; seeing racist posts, photos, or videos; encountering viral media on racial violence toward racial/ethnic minority individuals; encountering online hate groups, etc.).

1-never, 2-rarely, 3-sometimes, 4-very often, 5-Always

1. I let out my frustration or anger in online groups/social media.
2. I vent about my experiences in online groups/social media.
3. I seek social support in online groups/social media.
4. I seek emotional support in online groups/social media.
5. I look for online resources.
6. I watch online videos that share my frustration or anger.
7. I read online articles that share my frustration or anger.
8. I follow or connect with people who share my experiences.
9. I follow or connect with people who helps me to cope.
10. I block or unfollow people who do not share my goal on abolishing racism.