March 9, 2022

Topic:

Middle School
DRAMA
GOSSIP

Kindness counts & Treat others the way you would want to be treated

Think about....

Has anyone ever spread rumors about you or talked about you behind your back??

Someone has ever said something about you that wasn't true?

Have you ever been left out or made fun of for what you are wearing or how well you play a sport?

Someone has gotten into your business?

How did it make you feel??

The other side...

Have you ever spread rumors or talked about someone behind their back??

Have you ever said something about someone that wasn't true?

Have you ever left out or made fun of someone for what they were wearing or how well they played a sport?

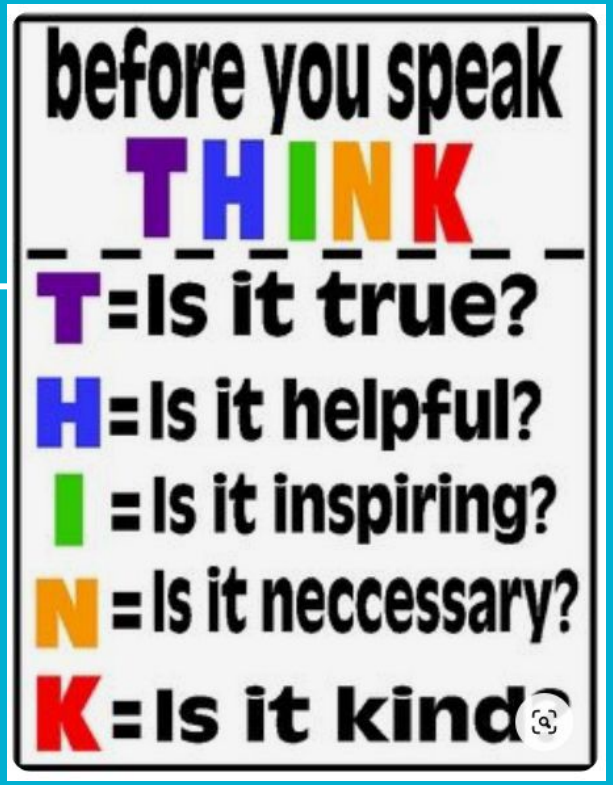
Have you gotten into someone's business?

Why did you do this?

How to Avoid the Drama

- Choose Friends Carefully
- Resist: Don't gossip…
- Distract: Change the subject
- Challenge it: Say you don't believe rumors
- Ignore: Walk Away
- Be honest: Tell them you don't like Gossip
- Less is more on social media…think before you post!

How to STOP Gossip



If you didn't ….

HEAR it with your own ears,

Or SEE it with your own eyes

DON'T BELIEVE IT!!

If it's not your

BUSINESS

Don't talk about it!!!

Treat others the way you would like to be treated

One KIND word can change someone's entire day!

A small act of Kindness means A LOT

RESPECT Differences

Be Kind Whenever possible
It is ALWAYS Possible

Activity

Directions: As a class, facilitate a discussion about the following scenarios:

No raffle for this activity

Scenario 1:
Paul was called to the office. I heard it was because he cheated on the math test.

- What happens in a gossip/rumor situation?
- What should you do instead?

Scenario 2:
Carmen has been calling Sonia terrible names in class, getting her friends to walk near Sonia's group at lunch and spreading rumors about her through DM.

- If you are Carmen's friend group, what could you do to stop this or not participate in this?
- If you are Sonia what could you do?