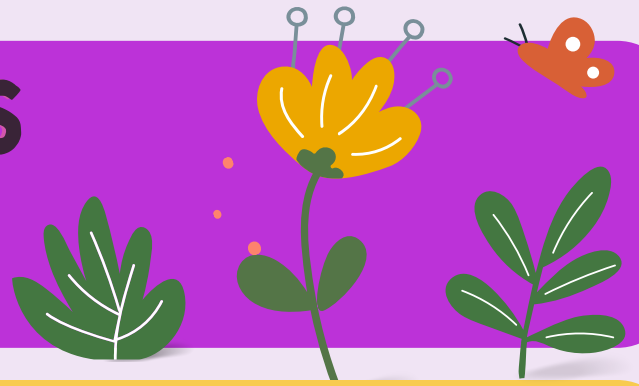


GOSSIP, RUMOURS AND DRAMA



Getting involved in friend drama can feel overwhelming and awful.

Some kids love the drama and keep it going and make it bigger.

Who do you want to be?

Someone kind who ditches the drama or someone who makes it worse?

WHEN YOU HEAR GOSSIP

- **PAUSE:** before reacting, take a moment to think. "Is this actually true? Do I really want to hear this?"
- **CHANGE THE SUBJECT:** Talk about something else that is more positive or neutral.
- **SET A BOUNDARY:** If gossip makes you uncomfortable, say, "I don't like talking behind her back."

WHEN YOU'RE TEMPTED TO JOIN IN

- **THINK ABOUT THE CONSEQUENCES:** Remember - what you say may stick with you for a long time.
- **FOCUS ON THE POSITIVE:** Find something kind or uplifting to say instead. You will feel better inside and won't join the drama
- **WALK AWAY:** If you can't change the conversation, you can leave.

WHEN A RUMOUR IS ABOUT YOU

- **STAY CALM:** take a deep, calming breath. Try not to react.
- **CLARIFY THE TRUTH:** Find the inner strength to say, "that's just not true. Stop saying that."
- **GET SUPPORT:** If the rumour is really hurtful, talk to a trusted adult to help you decide what to do.

DON'T TAKE THE BAIT

If someone tries to pull you in, let it stop with you. You can say, "I'm not into that." This shows gossip is not one of your values.

SET BOUNDARIES

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OWN YOUR MISTAKES

It's not too late to change your ways and make things right. Own up, apologize and be determined to do better next time.