



GUIDANCE CLASS

RUMORS AND GOSSIP SOCIAL BULLYING





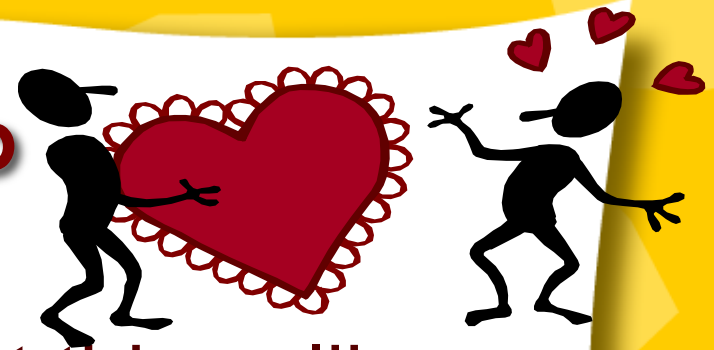
RUMOR

A rumor is a piece of information or a story that has not been verified, meaning that the person telling it doesn't know if it's true or false





GOSSIP



Gossip is usually about things like love and relationships, or private things that people don't want others to know.



REAL OR MADEUP

Rumors and Gossip might be true, they might be partially true, or totally made up. Unless someone can definitely say the story is true - it will stay a rumor or gossip story!





RUMORS AND GOSSIP SPREAD

From person to person, or can spread from one person to a bunch of people at once. This is usually done behind the person's back.





RUMORS AND GOSSIP CAN CHANGE

They can change slightly each time they're told, so they get more exaggerated over time





RUMOR EXAMPLE

I heard that anybody who fails the next social studies test is going to have to repeat the class over the summer. What are some rumor/gossip examples that you have heard?

WHY DO PEOPLE GOSSIP AND SPREAD RUMORS?

- To feel superior
- To feel like part of a group
- For attention
- For control or power
- Out of jealousy/revenge
- Out of boredom





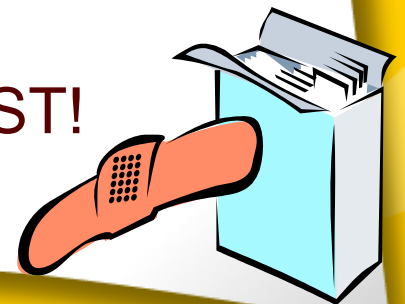
Why It Hurts, Why Its Wrong

Words hurt as much or more than a punch!

Gossip and rumors can be a form of exclusion - leaving someone out!

Gossip and rumors DESTROY TRUST!

True or not, private is private!





BREAKING THE CHAIN

Decide whether the rumor or gossip is hurtful or harmless by asking yourself the following questions.





QUESTIONS



Why do I want to pass this on?

Would I want people to know this about me?

How will the person feel?

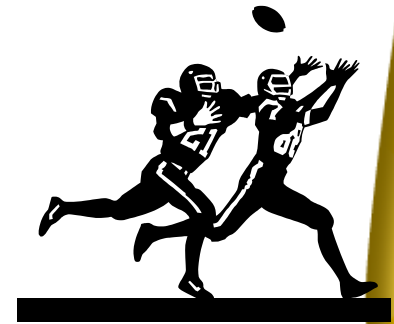
Will this rumor reduce how people feel about this person?

Will this person be excluded from the group?





RUMOR BLOCKS



Make the rumor stop with you.


Don't be part of the audience.

Be a peacemaker - speak up - label it a rumor!

Respect other's privacy.

Get the facts.

Ask someone you trust what they think.



That sounds like a rumor to me!
You don't have proof of that!
You don't know if that's true!
That sounds like something you should talk
about with the person involved.

