Secondary Guidance Lesson

**The power of gossip and rumors**

**Objective:** Students will understand how impactful gossip and rumors can be to a person and steps that can be taken to avoid being a part of it.

**Video:** [**https://www.youtube.com/watch?v=7gT8AWvCWFc**](https://www.youtube.com/watch?v=7gT8AWvCWFc)

**Activity (how to resist gossiping and rumors):**

Explain that turning away from a juicy bit of gossip can be difficult.Even as adults, the temptation can be very real. However, stopping a rumor in its tracks is always the right thing to do. We need to prepare our students to properly react to rumors before they start drama in the classroom.

Discuss 4 ways to avoid gossip and have the student pick one way that they would feel most comfortable with.

1. Resist- Use restraint and don’t be tempted to spread rumors.
2. Distract- The art of distraction is very powerful. Tell a joke or a story to take the attention away from the rumor.
3. Be honest- Tell the messenger that you don't want to discuss something about somebody who is not there because you feel like it is the wrong thing to do. Let them know that gossip can hurt friendships and you don’t want to be a part of it.
4. Ignore- Smile and don’t respond verbally. Walk away and pretend to have other things to do.

**Follow-up/Closing:**

**Discuss how to normalize standing up for what is right and how to stop gossip and rumors from being spread about someone. (this can be done whole group or w/ partner)**