

Are you guilty?

- ❖ Assume that what you say behind someone's back will get back to the person.
- ❖ Try changing the subject when someone shares a rumor or tries to gossip with you.
- ❖ When you are tempted to gossip – say something nice about the person instead.
- ❖ Watch what you put in writing...
- ❖ Stop and think what you should say before you say it.
- ❖ If you have passed on an untrue rumor, apologize and then go to those you gossiped to and set the story straight.
- ❖ Resist temptation to tell your friend's secret – remain a person that can be trusted.
- ❖ Other: _____

Are you a victim?

- ❖ Let your real friends know it's not true.
- ❖ Laugh it off.
- ❖ Label it as a ridiculous rumor.
- ❖ Don't take it personally, realize it may have resulted from someone's need for power or control.
- ❖ Resist the urge for revenge-you're better than that!
- ❖ Other _____