



The book, *Trouble Talk* is about the power of words and how they can be destructive. The main characters experience hurtful words within the guise of friendship and learn how to *turn trouble talk into healthy talk*. *Healthy talk* provides ways to use words in a helpful, constructive manner to build friendships. In today's world, with the usage of cell phones and computers, gossip and rumors can be spread anonymously and cause wider irreparable damage. We must choose our words carefully to avoid causing harm to others as digital citizens. Students will also learn how to be a *friendship role model*, repair relationships with a *genuine apology*, and how to have an open heart in order to give second chances.

**Asset Information: This book builds assets from 6 of the 8 categories:**

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- Boundaries and Expectations - #12 School Boundaries, #14 Adult Role Models, #15 Positive Peer Influence
- Support - #1 Family Support, #3 Other Adult Relationships, #5 Caring School Climate
- Empowerment - #10 Safety
- Positive Values - #26 Caring, #28 Integrity, #29 Honesty, #30 Responsibility
- Social Competencies - #32 Planning and Decision Making, #33 Interpersonal Competence, #35 Resistance Skills, #36 Peaceful Conflict Resolution
- Positive Identity - #37 Personal Power, #41 Positive Cultural Identity

**In our lesson our goals are to:**

- Develop and maintain friendships with *healthy talk*.
- Empower each student to be a *friendship role model*.
- *Stop and THINK* to avoid *trouble talk*.
- Learn how to make a *genuine apology*.
- Be *UPstanders* by giving support to others with kindness and respect in the face to face and digital world.