



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parent or Guardian:

The book *Trouble Talk*, by Trudy Ludwig, 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 technological world, rumors can be spread anonymously and cause wide, irreparable damage. We must make choices to avoid causing harm as digital citizens. To learn how to help your kids navigate this online world, visit the website of Common Sense Media at www.commonsensemedia.org In the parent's section, you will find videos, tips and common sense ways to support your child(ren).

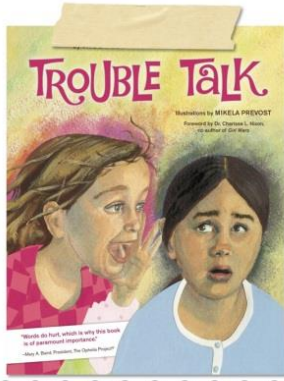
Goals from this lesson include:

- Develop and maintain friendships with *healthy talk*.
- Empower each student to be a *friendship role model*.
- Learn how to make a *genuine apology*.
- *Stop and THINK*. (Is it True, Helpful, Inspiring, Necessary, Kind?)
- Be an *UPstander!*

By teaching our children the value and power of *healthy talk* versus *trouble talk* we create a stronger school community where all students feel safe and included.

What you can do at home:

Please post the "Think Before You Speak" handout in a visible place for all family members to see.



PROJECT CORNERSTONE: ABC READING BOOK OF THE MONTH

Trouble Talk

T.H.I.N.K.

Before you speak...

Is what I am saying:

TTrue?

Helpful?

Inspiring?

Necessary?

Kind?