

# ***RUMORS STOP WITH ME***

## **Ways UPstanders Can Handle Trouble Talk (Gossip and Rumors)**

### **1) Rumors stop with me!**

- Refuse to listen when friends are gossiping.
- Don't repeat the rumor or gossip.
- Check the facts. Go to the source.

### **2) Say something positive about the target!**

- "I don't believe you."
- "Hey! Don't talk about \_\_\_\_ that way! She is my friend."
- "Actually, I have spent time with \_\_\_\_\_ and he has a great sense of humor."

### **3) Ignore the *hook!***

- *Swim Free!*
- Stop instant messaging, emailing or texting with this person.

### **4) Question the accuracy of the rumor.**

- Ask, "Do you really think that is true?"
- Does the rumor sound like a *mixed-message*?
- "I don't get it. It just doesn't sound like, Jim."

### **5) Tell a trusted adult.**

- Discuss your options and explain your fears.
- Ask for confidentiality.
- Save evidence. Print out Internet pages, save the text, or other communication.
- Show the inappropriate messages to a trusted adult.