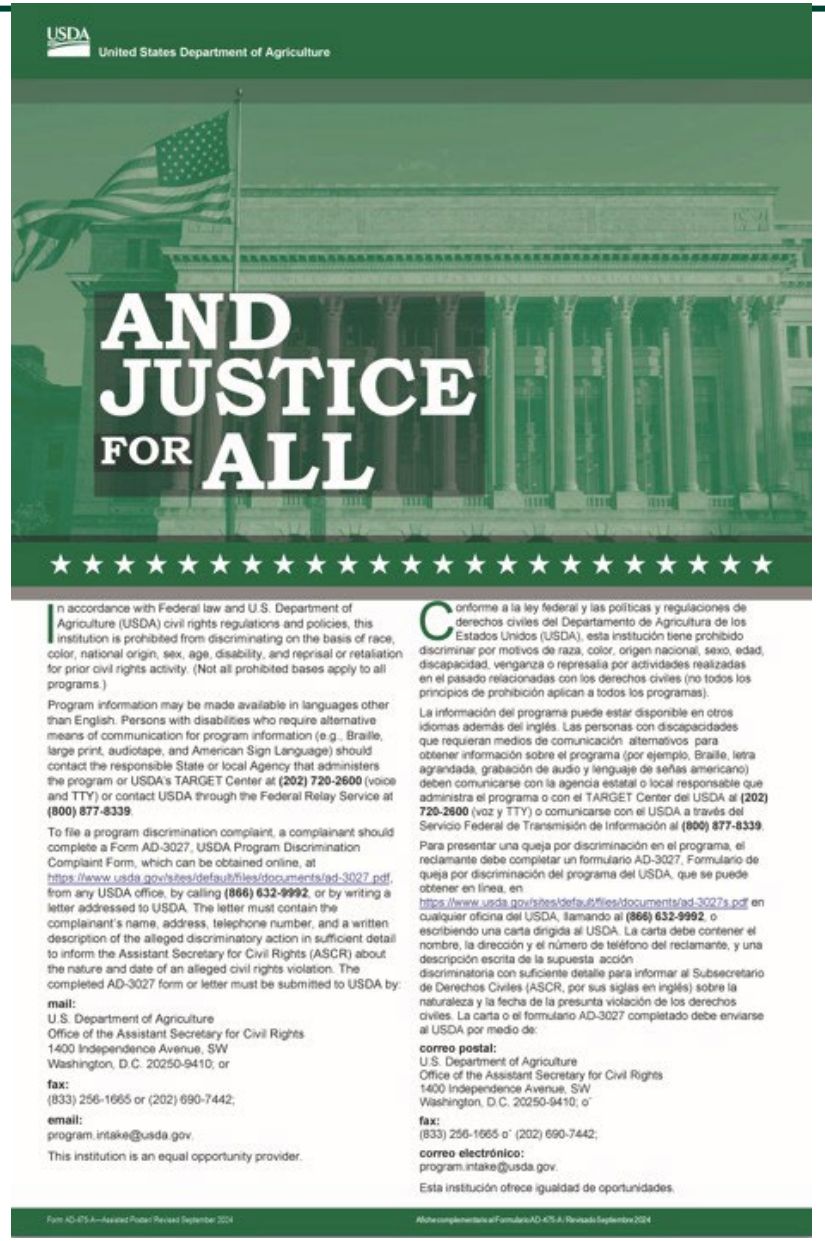
Flip the Script: Tackling Rumors and Gossip with Confidence

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Welcome & Icebreaker

What are the ways and spaces that competition and comparison shows up in our/your lives?

In any competitive situation, what do we see or know about others?

What is unknown about what others do or feel?




The Seen
Recognition
Natural Talent
Team Captain
Winning
Grand Champion
More opportunities
Awards
Confidence
Success
Joy
Burnout
Persistence
Extra practice
Sacrifice
Self Doubt
Discipline
Late Nights
Learning
Dedication
Failure
Disappointment
Hard work
The Unseen
Good Habits
Rejection
Late nights/early mornings
Stress
Growth mindset
Support
Resilience
Passion
Reflection

Rumor



A story or statement spread without confirmation



Why Rumors Spread

- Boredom
- Misunderstanding
- Insecurity/jealousy
- Social cliques
- Power or control
- Attention
- People feel like they are part of the "cool kids" club - feeling of acceptance into a "group" they want to be part of (not always the right group).
- Hear them from trusted people





Possible Impacts of Rumors and Gossip



- Self-esteem
- Group engagement
- Friendships and trust
- Exclusion
- Performance
- Continued participation in a project, activity

Statement Ideas

- That sounds like a rumor to me!
- Do you have proof of that?
- How do you know if that is true?
- That sounds like something you should talk about with the person involved. Have you talked to them?
- I am not sure if that is true or not...so I can't comment or don't comfortable discussing.
- That feels like a personal matter for that person, and I don't feel comfortable discussing without them here
- I really focus on myself and my own situations

“I” Statements

Help communicate feelings without blaming others

Let's Practice:

- "You never listen to me!"
- "You’re always taking credit for work I did."
- "He’s trying to steal my idea."

Response Strategies

Don’t Add to It: Understand **that you don't have to engage in any conversation that you're invited to**

Correct the Rumor: If you know it's false then provide the correct information

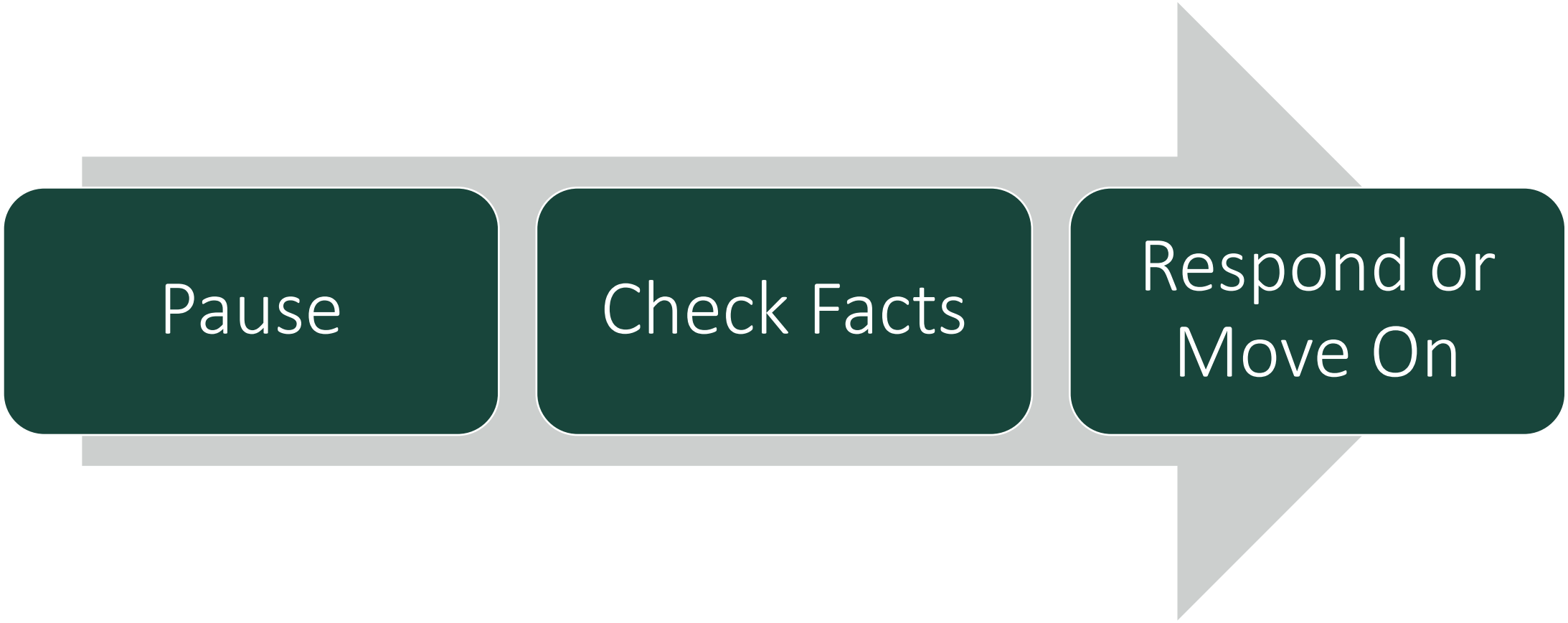
Use Humor: It can throw them off guard and help you to just walk away

Tell an Adult: Sometimes you need to get help

Speak up: Just ask the person to stop

The "Golden Rule": Treat others how you want to be treated

Handling Rumors with Confidence



Redirect with Facts

1. Help clarify the truth
2. Communicate with confidence
3. Stop the conversation
4. Gain skills to support others in these times

Preventing the Spread

Build a Culture of Respect- with youth and adults

Discuss rumors and gossip before large events

Encourage Positive Communication

Resist the urge to participate

Be honest

Create a Plan

Before you speak…

T	H	I	N	K

T- is it true?

H- is it helpful?

I- is it inspiring?

N- is it necessary?

K- is it kind?



Flipping the Script

- Be proud of your work and efforts
- Avoid overacting or jumping to confrontation
- Be the example that you wish to see in the world
- You can’t control what others do and say



My Plan:



IF I HEAR A RUMOR ABOUT ME, I WILL...



IF I HEAR A RUMOR ABOUT SOMEONE ELSE, I WILL...



ONE THING I LOVE ABOUT WHAT I AM GOOD AT IS...

Next Steps

- Can be done with adults and/or youth in virtual or in-person setting depending on factors
- Reach out if interested in offering to your audiences



Resources

- https://www.canr.msu.edu/news/validating-without-fueling-a-volunteer-s-role-in-rumor-management
- https://www.canr.msu.edu/news/from-whispers-to-wellness-addressing-the-root-causes-of-rumors-in-youth-settings
- https://www.canr.msu.edu/resources/squashing-the-rumor-mill-support-resources
- https://www.canr.msu.edu/news/youth-in-the-spotlight-the-power-of-competition-and-the-challenge-of-rumors



What is one thing you plan to change, share, or try because of this session?