

Activity: Session 16 Rumors and Gossip

Objective: How rumors and gossip get started and how damaging they can be to friendships. This activity also stresses the importance of relaying accurate information.

Materials Needed:

Optional: Entertainment and food related raffle items.

Sign in And Welcome

Mentors should greet their protégés and show them where to sign in.

Group Activity: "That's a Fact Jack"

A mentor reads the "That's the Fact, Jack" story (see attached), explaining that protégés should listen very carefully, and reviews the following questions:

1. Was the woman young or old?
2. Did the man have blue eyes?
3. Where was the man sitting?
4. What color was the thing he sat on?
5. What was the man's name?
6. What did the man ask the woman to help him find?
7. Besides being sick, what other physical problem did the man have?
8. Was the road they were on long or short?
9. Was the pathway they were on long or short?
10. How did the man die?
11. What color was the truck?

Introduce Topic and Discussion

Discuss how the story demonstrates how stories can be changed as they are shared from one person to the next. Does this relate to rumors and gossip? How? Allow for sharing.

One-on-One Time

Talk about rumors and gossip and discuss the following questions:

- Share an experience where a rumor or gossip was spread about you. How did that feel?
- Was the rumor accurate or untrue?
- Did you do anything about it? If so, what did you do?



- Have you ever spread or helped to spread gossip about someone else? How do you think that person felt?
- Why are rumors and gossip so harmful?
- What could you do next time you hear a rumor or gossip being spread about someone or yourself? Brainstorm ideas.

Optional Raffle

Each mentor and protégé participates in a raffle to win food and entertainment prizes.

Wrap up Discussion

Challenge all participants not to spread and listen to rumors and gossip.

Optional Activities/Discussions

Group Activity: “Rumor Circle”

Instructions:

Have everyone sit in a circle. Have one mentor whisper a short “rumor” to the person next to him/her.

That person then whispers the same statement to the next person and so on. When the statement has gone around the circle have the last person say it out loud. See how accurate the statement is from the first person to the last. Discuss how this activity relates to rumors and gossip.

Note: The rumor should have some key details such as: “On Tuesday I heard Mary G. was wearing a pink shirt with a big hole in the left sleeve.”