



High School

Home Connection

Avoiding Gossip and Rumors

Dear _____,

I wanted to share with you what your student has been learning about gossip and responsible communication. In today's lesson, we explored the concept of gossip and its role in social interactions. While gossip often has a negative connotation, psychologist Dr. Megan Robbins from the University of California, Riverside, suggests that gossip can be a valuable social skill. The key difference lies in how the information is used responsibly or irresponsibly.

We discussed strategies to ensure that we are responsible for the information we share. One such strategy is the THINK method, which encourages students to evaluate information before passing it on. They learned to ask themselves: Is it True? Is it Helpful? Is it Important? Is it Necessary? Is it Kind? By applying these criteria, students can make thoughtful decisions about whether or not to share certain information.

To continue this conversation at home, please ask your student: "How can you use the THINK strategy to ensure you are being a responsible gossip?" This can be a great opportunity to discuss the importance of responsible communication and trust in relationships.

Please do not hesitate to reach out with any questions or concerns.

Best,
