

TOXIC TALK

If you don't have anything nice to say, Shut Up!!

Don't Be That Person

Lesson Summary

Teacher: 30 Minutes

To address gossip, trash talking, negative talking, and the negative effects it produces and the bad examples it shows.

Define it:

Toxic talking is when we say things that have no uplifting value whatsoever. It doesn't help us, and it doesn't help others. It is a negative way of talking that makes others feel bad and ultimately makes you feel bad too. It makes others not want to be around you. There is always one person who starts it...try not to be that person. (See Lesson on Leadership)



Toxic People

Let's Talk:

Toxic Talk happens when we get a thought in our mind that has possibly come from a negative experience, and it gains more power in our head the more time we spend thinking about it. It develops into a negative way of thinking that has the power to poison your entire mindset, views, and opinions if you let it continue to make choices for you.

Let's Look at an Example.

Let's Look at an example: You are with a group of friends and as you walk away to your next class, you overhear them starting to talk about a girl in your school whom the kids say is running around with a lot of the boys in school. They are laughing as they call her names and share personal business about her. You happen to know her family, so you know that she has been abused and lives in a foster home. You know she is hurting and broken.

Let's Look and discuss: Just like you know about this girl, and therefore, can see that she is hurting and is acting out of her hurt, other kids are also doing the same thing; yet we all tend to tear others down without really knowing what they are going through.

1. Is this right?
2. What would happen if you acted like this girl was in your family?
3. Would you respond differently?
4. How can we COUNTERACT toxic talking?



**Your
Takeaway.**

When you choose to COUNTERACT something, you are working to REVERSE the effects of something. You must realize that this kind of talk only leads down a negative path toward trouble.



Video and Discussion: Toxic Friends and Family – 10-15 Minutes



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*People who hurt people are hurting also. If you feel the need to spread hurt, you need to do a self-check and talk to an adult you trust to get out of that negative pattern.

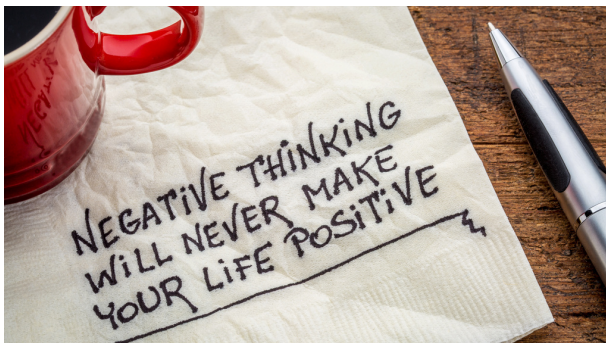
Questions. Answer honestly because you only hurt yourself if you play games with yourself.

1. Do you have a pattern of negative thinking, and if so, where do you think it came from? Can you trace it back to the beginning?

Four horizontal dashed lines for writing.

2. Think about positive things that have resulted from negative thinking and write a few here

Four horizontal dashed lines for writing.



After you complete this assignment, take it home to remind yourself.