



# GREMLINS OF GOSSIP

“Backbiting queneth the light of the heart, and extinguisheth the life of the soul.” —Bahá’u’lláh

**W**hat do you do if a friend starts to gossip about someone? Gossip creeps easily into conversations, and handling it can be tricky. It can be tempting to spread “news” about others, but that news can be negative or not even true. Imagine how you’d feel if you found out people were talking about you behind your back.

Like mischievous gremlins, gossip and rumors can run

wild, causing hurt feelings and disunity. They don’t only harm the person being talked about, either. Gossip hurts the gossipers by dampening their spirits and destroying people’s trust in them. And those who hear rumors don’t get a chance to see the truth with their own eyes.

So before you talk about someone, is what you’re saying kind and true? Is it helpful and necessary? If not, be a good friend and scare the gremlins of gossip away.



Find clues to complete these tips for stopping the gossip gremlins.

- 1 Make it a \_\_\_\_\_ to look for people’s good qualities.
- 2 If someone starts to gossip, walk away or \_\_\_\_\_ the subject.
- 3 Be an \_\_\_\_\_ by always speaking kindly about others.
- 4 Tell your \_\_\_\_\_ that you don’t like to gossip.
- 5 If you hear a rumor, don’t pass it on. Let it \_\_\_\_\_ with you.
- 6 When someone gossips, remind them that it may not be \_\_\_\_\_.
- 7 If you feel the urge to gossip, \_\_\_\_\_ and take a deep breath.
- 8 Avoid hanging out with people who \_\_\_\_\_.
- 9 Cybergossip is still gossip. Don’t spread rumors \_\_\_\_\_.
- 10 Try your best to help others feel welcome and \_\_\_\_\_.