Gossip Redirection

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A group chat speculates about an absent member.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Practice declining speculation and returning to direct, respectful communication.

3. What could you say without escalating the exchange?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.