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Sugar & Spice, and Everything Nice...

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LESSON 4: BEING MEAN

Time: 45 minutes



Objectives:

- * Girls will learn the difference between being mean and venting.
- * Girls will demonstrate coping mechanisms using role-playing.
- * Girls will learn who they should and should not vent to.

Materials:

- * “If You Don’t Have Anything Nice to Say, Don’t Let Anyone Hear You Say It!” worksheet for each girl
- * “Declaration to Myself” cards

Opening: 5 minutes

- * Journal discussion from previous week

Activity: 35 minutes

- * Ask the girls about the last time someone really annoyed them.
- * Ask the girls what the difference between being mean and venting is.
- * Explain to them, if needed, that we all need to vent sometimes to help us cope with the differences among us, but it is all about our intentions for venting – why are we doing it?
- * Hand out “If You Don’t Have Anything Nice to Say, Don’t Let Anyone Hear You Say It!” and follow the directions on the activity sheet.
- * Have each girl pick a “Declaration to Myself” card.
- * Thank the girls for sharing.

Sugar & Spice, and Everything Nice...

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LESSON 4: BEING MEAN



Discussion: 5 minutes

- * Ask the girls the following questions:
 - * What is the difference between being mean and venting?
 - * When someone is annoying you, how can you cope?
 - * Who can you trust?

Evaluation:

- * Observe the seriousness of the girls when doing the role-plays.
- * Observe the amount of self-disclosure used in discussion.
- * Observe “blaming” behaviors with the girls.

Homework:

- * Journal Writing
 - * In *Salvaging Sisterhood* today we...
 - * Write about a time a friend was mean to you.
 - * How do you feel about *Salvaging Sisterhood* so far?
 - * FESS UP!



If You Don't Have Anything Nice To Say...

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LESSON 4: BEING MEAN

Do you believe that title? We all have said something about a friend that we later regret. It is perfectly normal to get angry and vent, it is actually very healthy! However, it is all about how you vent and your intentions (reasons) for venting. Think for a minute about the last time you were mad at a friend and told someone else.



1. Why were you mad? _____

2. Who did you tell? (Check all that apply)
 My family My School Counselor A Teacher
 1 friend 2 friends 3 or more friends Someone else
3. Why did you tell them? (Check all that apply)
 Because I was SO mad!
 Because I wanted them to be mad at her too!
 Because I needed help coping with it!
 Because I needed to know that I AM right!
 Because I was really upset and needed someone to just listen to me!
 I don't know, I just did!
4. How did you feel after you talked about it? (Check all that apply)
 Great!
 A little bit better, but I was still a little angry.
 I am STILL mad!
5. Did talking about it help? Yes No

Sometimes you don't need to talk directly to a friend when they do something that irritates you. Sometimes you need to tell somebody else. It is better to tell someone you trust that you just need to vent – that way you don't look two-faced when you are still nice to the person you are a little annoyed at. Each of the situations on the following page has a theme – the annoying behavior or incident will probably stop. Is it worth a fight?

If You Don't Have Anything Nice To Say...

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LESSON 4: BEING MEAN



Be creative and role-play with the group and see what you think about each situation. After you have finished each role play, discuss the following questions:

1. What is bothersome about the situation?
2. Why is it bothersome?
3. Will the behavior stop sometime soon?
4. Who could you talk to about it?
5. Do you really need to talk about it? Could you journal instead?
Could you go for a run or walk? Can you understand their point of view?

Role-Play #1

Amy has been so annoying lately. She won the “Most Valuable Soccer Player” award and has not stopped talking about it for like three days. I want to shove her award down her throat.

Role-Play #2

Shayna just started going out with Sean two days ago and all she ever wants to talk about is him. I get so sick of it. When I IM her, she is talking to him. When I call her, she is on the phone with him. When she writes me notes in class, she writes “I LOVE Sean” all over the paper. She wants to bring him everywhere. I hope they break up soon.

Role-Play #3

Lisa can't hang out with us until she raises her English grade. Her Mom caught her on IM's at 11:00 pm and grounded her. I am so bummed because we were all supposed to have a sleepover at her house this weekend and now we can't. She ruined my weekend!

Role-Play #4

Sabrina cannot make her mind up about anything. She called me 10 times this morning to see what she should wear and when we finally made a decision, she came to school in the first outfit she called me about. She is just trying to impress Ben and he wears the same stupid jersey everyday. Like he cares what she is wearing!

1. _____ 2. _____