



Thought for the day



Bullying

You don't have to be physically beaten up or hurt to be a victim of bullying. Teasing, being threatened and name calling can all be classed as forms of bullying. Malicious gossip is also a form of bullying. People spreading rumours about someone can be very hurtful. Bullying takes many forms, like name-calling, hitting, spreading rumours, stealing, excluding people and turning someone's friends against them. You can also be bully someone via abusive text messages or online.

Gossip and rumours can often end up like Chinese whispers; as the message is passed on it can become warped and turns into something completely different.

What do you think about gossiping and rumours?
Can you think of any positives to them? What are the negatives?

Encouragement

While gossiping or spreading rumours about someone can have a bad effect on them, encouraging people can build them up. Let's use our words to heal people, not hurt them. Think about how you can do that. Is what you're saying true? Do other people really need to hear it? Will it hurt the person you're talking about or encourage them?

- What's the most encouraging thing someone has said to you in the past week?
- What's the most encouraging thing anyone has ever said to you?
- Who can you encourage this week?



Gossip

Gossip Is Like Chocolate by Samantha Wallace

Proverbs 18: 8 - Gossip is so tasty—how we love to swallow it.

Gossip is like chocolate,
So tasty, costly and delicious.
Eating it can become a habit,
But the effects can be quite vicious.

It may leave you with an instant high,
So yummy and indulgent.
I cannot fathom exactly why,
But then you end up low and pungent.

Whether it is juicy, nutty or just fruity,
We all like to spill the beans,
But it's not a true friend's duty,
In fact it's downright mean.

We love to barter up our morsels,
Of tasty tattle-tales,
We do it in defence or counsel,
And love to decorate the details.

Gossip is often secrets,
That can be devoid of honest truth.
We are all guilty culprits,
We all have a gossip sweet-tooth!

But if mere words can make us sick,
We must realise its harm,
Gossip is actually quite toxic,
And our sweet-tooth we must disarm.

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You may think you're just communicating,
Sharing just important 'news'.
But your words can be quite slating,
Even if they do amuse.

Its poison penetrates your soul,
It can even ruin your reputation.
So your words you must control,
And do repent of this great sin.

And remember these wise words I leave,
Of this you must take heed -
The one who gossips to you,
Is sure to gossip of you!

Samantha Wallace





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