Shutting Down the Rumor Mill

Instructions: You write an advice column for your school newspaper called Tips From Kris. Write answers to questions from students using information from the KidsHealth.org.

Dear Kris:
A boy at school is spreading rumors about me because I wouldn’t go out with him. He’s texting people and telling them things that aren’t true, but even my friends are starting to believe him. What should I do?

— Sad Sarah

Dear Sad Sarah,

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Dear Kris:
I heard about my friend’s parents getting divorced and told a few people. Now everyone knows and I feel really bad, even though the rumor is true. My friend won’t even talk to me now. What should I do?

– Guilty Gary

Dear Guilty Gary,