



M.M. PUBLIC SCHOOL

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“Celebrating 58 Years of Excellence in Education”

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Rumours and Gossip Can Hurt Too

Dear Parents

Greetings.

As part of our monthly Anti-Bullying Initiative, this month we are focusing on **rumours and gossip**—a form of bullying that can quietly damage a child's confidence, friendships, and emotional well-being.

Children may sometimes repeat stories, forward messages, or discuss classmates without realising the impact of their words. A rumour can spread quickly, even if it is untrue.

How Parents Can Help

- Encourage your child to **pause before sharing** any story and ask, “Do I know this is true?”
- Teach them not to forward or repeat messages, screenshots, or voice notes about classmates.
- Explain the difference between **sharing a concern with a trusted adult** and gossiping with friends.
- Encourage your child to speak **directly and respectfully** to a friend if there is a misunderstanding instead of discussing it with others.
- Remind them that staying silent when friends are gossiping is a respectful choice, and changing the topic is also a positive response.

Conversation Starter at Home

Ask your child: *“If someone spread a rumour about you, how would you feel? What would you want your friends to do?”* This simple conversation helps children develop empathy and responsible communication.

Let us work together to build a school community where children choose truth, kindness, and respect over rumours and gossip.

Thank you for your continued partnership.

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