



REBECCA
Sparrow

Dialing

Down the

Drama





FRIENDSHIP MYTH: Friendships are easy

The truth is ...

- Friendships require WORK
- Strong friendships aren't a matter of 'luck' – they're built in small moments (think of a brick wall)
- They also crumble in small moments (making our friends feel vulnerable/embarrassed)
- Friendships are about SHOWING UP for people in person and online

CONFLICT IS NORMAL

- If you're irritated – they've probably crossed a boundary
- Is our friendship BIGGER than this fight?
- Look for PATTERNS
- Own your impact (and remember we ALL screw up)
- Don't throw away a great friendship because of one bad moment ...

THE GOLDEN RULES OF LEAVING FRIENDSHIPS

1. Move slowly
2. Don't sledge your old group to your new group
3. Don't cut what you can untie.

You're playing the LONG GAME at school.

STRATEGIES TO AVOID DRAMA CYCLONES



- Change the topic: “Is our maths test on tomorrow?”
- Leave the chat: GTG or “I forgot I had to had to return a book to the library ...”
- Present an alternative version of the person: “I’ve always found them really nice / they’re a good guy ...”
- Don’t play the peacemaker. You’re not Dr Phil. Don’t insert yourself into drama that has nothing to do with you.
- If someone annoys or upsets you at school ... let it go. It’s not worth turning things into a drama cyclone.

BEWARE OF GOSSIP

- We use it to fast-track friendships
- If they’ll gossip with you, they’ll gossip about you
- True friends don’t break our confidences or those of other people
- RED FLAG about trustworthiness

Responses to gossip can include:

- "Wow that sounds personal"
- "Why are you telling me this?"
- "That sounds totally fake. I don’t believe it."

Have the attitude ‘GOSSIP ENDS WITH ME’.

LAST WORD: You have enough going on with assignments, homework, exams, after school activities, family commitments ... you do not need the added stress of being involved in drama at school.

Choose to step away.