

CHOICES

Scenario 21

Mean Girl

Jessica is one of those girls who has a mean streak.

She is so bossy that she will even try to correct the teacher.

Out in the playground she spends her time going from group to group telling others how to behave.

“Your hair looks awful. Can’t you try harder?”

“You’ll need to do your homework if you don’t want to fail the test again.”

“You should give up being friends with her – she’s a loser!”

One day you are with your friend Tracey. You are chatting away and enjoying yourselves.

Tracey goes off to the library.

Jessica appears. She sits down beside you.

“I don’t want to say anything bad about anyone,” she whispers, “but did you hear what Tracey said about you last week?”

You stare at her. You have the urge to rush away. But you say,

“What?”

“She said you were trying to be the teacher’s pet. And ... she said ... you were ‘stuck up’.” She smiles sweetly.

What should you do?

A You say, “Jessica, you need to keep your opinions to yourself. You’re just trying to make trouble.” And you get up and leave.

What next?

You catch up with Tracey.

“Do you know what Jessica just said to me?”

You tell her.

“The little so and so! That’s what she said about you. I didn’t tell you, cos I knew it was just something she’d made up.”

You think long and hard.

“Why would I say anything like that?” adds Tracey. “You’re my best friend.”

And she hugs you.

“So she’s just trying to break us up?”

Now you know – Jessica is a mean girl. She’s toxic.

From now on you’ll stay away from her.

Think about it

By and large boys are more physical in their bullying than girls. A mean boy will likely push or shove or even punch another boy – to assert his dominance.

But girls can be bullies too. In their case, it is more inclined to be non physical ways of hurting. It is saying mean things, nasty criticism, laughing behind someone’s back or spreading false rumours, or excluding others from a group. It can be just as hurtful though.

“Controllers, abusers and manipulative people don’t question themselves. They don’t ask themselves if the problem is them. They always say the problem is someone else.”
(Darlene Ouimet)

Bullying is still dangerous. You don’t need bruises to be hurt.

Do you want to look at another scenario involving bullying? (Go to 20)

Do you want to try the scenario again? (Go to 21)

B You say, “Tell me more.”

What next?

Jessica spends the next few minutes blackening the name of a girl you thought was your best friend.

At the end, she heads off with a big smile on her face.

But you feel sick.

How could Tracey be so two faced?

If she was capable of saying such horrible things about you, she's no friend. In fact, you hate her.

At home that night, your Mom says,

"What's the matter?"

"Tracey was horrible to me. I don't want to be her friend ever again."

"What did she do?"

And you tell her.

"And where did you hear this?"

"From Jessica."

"Jessica? *The* Jessica. The mean girl? Darling, if she's your source – I'd be worried."

Think about it

Much pain can come from gossip and backstabbing.

"On their own, rumours and gossip seem harmless; almost a fun pastime. But there's a point where they can become harmful to your health." (WebMD)

They can lead to damaged relationships, a loss of trust, the spreading of lies and all sorts of bad things. The potential harm can include anxiety, depression, panic attacks, loss of school time – even serious illness.

"Gossip dies when it hits a wise person's ears."

Do you want to look at another scenario involving mean girls? (Go to 5)

Do you want to try the scenario again? (Go to 21)