

Think before You Speak

Have you ever said something to someone and then thought, 'Why did I say that'?

Have you ever started to say something and then realised that you should have thought more about it before you started?

It is an awful feeling realising that you have said something you didn't really mean to. There are often consequences and, sometimes, this can lead to a problem with friendships because someone may be hurt or upset.

Before we say something, we must think about what it is we are going to say and what the effect will be on others.

Before you speak, think about the following:

- How will it make other people feel?
- Will it make you or someone else feel bad once you've said it?
- Do you really believe what you said?
- Did you mean to say it like that or could you have said it a better way?
- Was it the truth?



In this resource, there are several cards with statements on. Read these statements and decide whether:

1. You think people should **Think First and Then Decide** whether to say it or not.
2. You think people should **Say It Without Thinking**.

Put the statements in the correct box below.

Once you have done this, think about what the consequences will be when you say the statement.

Discuss the consequences (both positive and negative) with the adult or group you are with.

Think First and Then Decide

Say It without Thinking

Consequences

I don't want to be your friend.

You act like you know everything.

I think you suit your new glasses.

You keep getting me into trouble and I'm fed up of it.

You make me laugh when I'm sad.

Well done in that test!

I can't believe what you said about me to someone else.

You were brilliant in the play.

You don't act like yourself when you are around them.

On this page, there are some blank boxes for you to complete. First, think about some ideas of your own. Then, decide whether you think people should Think First and Then Decide, or Say It without Thinking. Remember to think about the consequences of the statements and discuss them with the adult or group you are with.