Lesson 15: But, I Was Only Joking

Improper behaviour can be destructive. We are not always aware of how it hurts people. We find ourselves saying, "I didn't mean it," or "I was only playing". Put-downs, name-calling, or ignoring a person's feelings are examples of destructive behaviour. Praise, compliments, invitations to join and listening attentively are examples of constructive behaviour. These actions cause people to feel worthy, secure and capable.

Let us investigate how destructive behaviour affects people's feelings an... and self-concept. For each of the following situations, write how each person might feel.

A new student is greeted with, "Why him have to sit next to me?"

Speaker: _____

_____

New Student: _____

_____

A student with cheap shoes hears, "Where you find them shoes deh?"

Speaker: _____

_____

Student with Cheap shoes: _____

_____

A student asks why he is always last to be picked on a team and is told, "Because you can't play good."

Speaker : _____

_____

Left out Student : _____

_____

A student cries when he is teased and is laughed at for being a "cry, cry, baby."

Speaker: _____

_____

Crying Student:_____

_____

PUTTING IT TOGETHER

How does each situation show destructive behaviour?

What is destroyed?

How does destructive behaviour cause conflict?

Rewrite each of the above situations changing the destructive behaviour to constructive behaviour then tell what was "constructed" or built-up.

FOR DISCUSSION

You have heard the saying "Sticks and stones may break my bones, but words will never hurt me." What do you think about it?

YOUR CHALLENGES!

1. Make a list of some of your constructive behaviours for the next 24 hours. How did they affect people around you?

2. Make a list of destructive behaviours other people have used which have hurt you. Then, tear up your list showing that you can "forgive and forget".

As a peacemaker I learned

_____

_____