

## How Do We Handle Drama??

Two of the most common causes of drama is *misinterpretation* and *misunderstanding*. We have all said things that did not come out right, or that we didn't really mean. We have probably also said things that we didn't think were hurtful or offensive, however they came across that way to the other person. And we have probably all gotten in a huff over something that was not intended the way that we took it. And of course, sometimes people say or do Mean Things.

Scenario 1: Megan has been working on the weekends, because she has to pay her own gas and insurance premium, in order to have a car. She has a term paper due on Tuesday, and to top it off, she has to get her camp list finalized and turned in because Liz already asked for it last Friday. Her friend Cindy, hasn't seen her in two weeks, and Megan is supposed to help her plan a surprise party for their best friend Toots-La-Rue.

Cindy texts Megan – “hey, when can we get together?!”. Megan sees the text, but doesn't have her calendar, so she decides to answer a little later. She goes home....and forgets. Cindy sees Megan in the hallway the next day, and gives a little wave – Megan is soooo stressed over her term paper, that she has tunnel vision; doesn't see Cindy; turns... and walks away.

What is Cindy's reaction???

- 1) She tells her friend Mitzi, “Oh m'god, Megan is such a snob; We hate her!!”
- 2) “Oh....oh....sniff.....sniff.... Megan doesn't like me anymore. What did I do??!!!!”
- 3) Hmm....that was weird... (breaks into her own rendition of “Let It Go”).
- 4) Wow – Meg must have a lot going on – I better find her after class and see if she needs help with anything. I need to make sure she's alright.

Scenario 2: You're at 4-H Camp (go figure). This kid Claude, is so incredibly annoying. He is trying to be cool, but he just can't pull it off. Kids are avoiding him and some are making fun of him (Hey, Joe-Dirt-Claude!). He is clearly not having a good time, but is over the top, trying to get attention, and is just a royal pain in your happy-camper-booty. What do you do???

- Smack him down by telling him he's a loser and needs to shut his mouth.
- Join the other kids and tell them what you think about Claude.
- Ignore him.
- Tell the other JC's what a loser he is.
- Call your mom and tell her to come get you, because you just can't deal with these people!!!
- \_\_\_\_\_?
- \_\_\_\_\_?

## Summary

You don't always know a persons' circumstances. They could be acting out because there is a deeper problem that we do not see. They might not even realize what kind of message they are sending, and don't realize the hurt/harm they are doing. **The best way to avoid drama.... Don't Do It!! Look for ways to help or encourage the “dramatizer”. Refuse to Participate!! Let It Go!! Choose to Be Drama Free!!! Make a positive difference in a campers life!!!**



## **Drama 101**

### **Where Does Drama Come From???**

- Rachelle, Sam, Jessie, Him, Her, Them, Us, You!! "Dramatizers"!!!!

### **How Do We Stop or Avoid Drama????**

- ~~Punch them in the face.~~ Choose to Be – Drama Free!!

### **Types of Drama**

- Bullying
- Boyfriend / Girlfriend
- He Said / She Said
- Friendship

### **Causes of Drama**

- Gossip
- Insecurity
- Hatred
- Stress
- Distress
- Misunderstandings

### **Drama Triggers / Identifiers**

- Words
- Eye Roll
- Heavy Sigh
- Nose Snub Snob
- Walkin Away