

Pre/Post Test

	I'm doing better	I need to work on this
I refrain from spreading rumors		
I use communication skills to work out problems with my friends		
If someone tells me a friend said something bad about me, I talk with my friend about it before getting mad.		
I don't talk about other people behind their back		
I use anger management strategies instead of taking my anger out on my friend		
I don't get upset if my friend plays with other friends		
I don't write mean notes about my friend		
I don't join in with teasing because I know it is wrong		
I think about what I am going to say and how it will make others feel before I say it.		