



# 8 RULES TO DEAL WITH RUMORS

- Check the source.** Always ask: «Who said it and how do they know?» If the answer is «everyone is saying it», it's not a reliable source.
- Look for official information.** Go directly to those who are in the know: management, administration, or official channels.
- Don't repeat it.** If you are not 100% sure the information is true, do not repeat this information. Your silence can stop the rumor.
- Think about the motive.** Ask yourself: "Why is someone talking about this?" Often has an ulterior motive.
- Analyze your emotions.** Rumors are based on strong negative emotions. Use your logic.
- Ask direct questions.** If a rumor involves you personally, go to the source and ask directly: «I heard this. Is it true?»
- Individual responsibility.** Politely but firmly say, "Let's not repeat this until we know for sure."
- Focus on your interests.** The more you are focused on your own goals and projects, the less you pay attention to the information "noise".

Remember: If you are in a leadership role, communicate important information promptly.

**!!! Your main way against rumors is critical thinking and personal responsibility for the information you say !!!**