Our SOCIAL FILTER

Everybody has an invisible filter in the front part of his or her brain. A “filter” is something that lets the good stuff go through and blocks the bad stuff to hold it back. Cities use filters to clean drinking water. The clean water goes through the filter and the dirt and germs are blocked and held back.

Our brains have a SOCIAL filter. This is a thinking skill that most people can control without even realizing it.

Our Social Filter helps us say words and use actions that make people have good thoughts about us. We all have kind and unkind thoughts. It’s okay to have unkind thoughts, but we should keep them in our head to protect other people’s feelings. Remember: We do not always say out loud what we are thinking.

Oh no….I really don’t like the sweater I got from grandma for my birthday. But, I don’t want to hurt her feelings, so I will say, “Thanks for the sweater grandma! It must have been a lot of work!”

The boy put his thoughts about the sweater through his social filter. Only the kind thoughts came through to his talking bubble. His social filter will hold his unkind thoughts in his head.
Your SOCIAL FILTER helps you:

- Protect a friend’s feelings
- Saves you from being embarrassed
- Show respect to adults in charge
- Stay out of trouble

Here is another example:

Social Filter OFF

How do you like my new haircut?

SOCIAL FILTER OFF

That is pretty ugly and messy!

It’s actually kind of ugly on you.

SOCIAL FILTER ON

That is pretty ugly and messy!

Its different than your hair was before. It seems like you are happy with it.

The boy put his thoughts through his social filter, so only helpful and friendly words came out. His social filter holds his unkind thoughts in his head.
Is your Social Filter on?

Social Filter is ON

Thinking about other people’s feelings
Using kind, friendly words

Social Filter is OFF

Only thinking about myself
I’m not trying to protect other people’s feelings
I might embarrass myself.