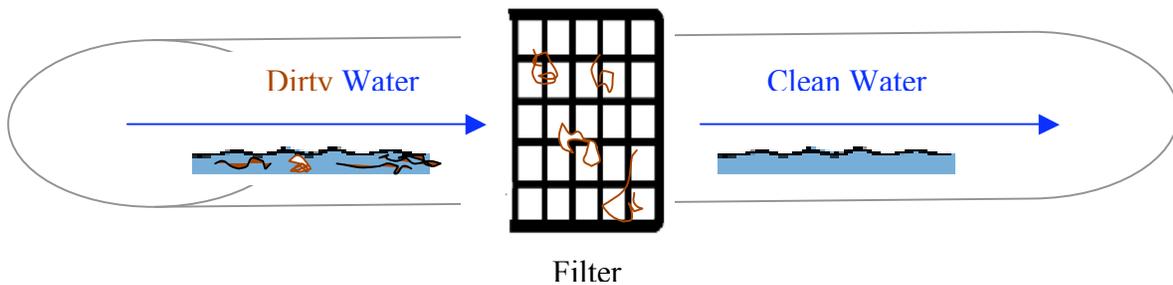


# OUR SOCIAL FILTER

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.*

**Social Filter**

Ugly sweater

“Thanks for the sweater grandma! It looks like you worked hard!”

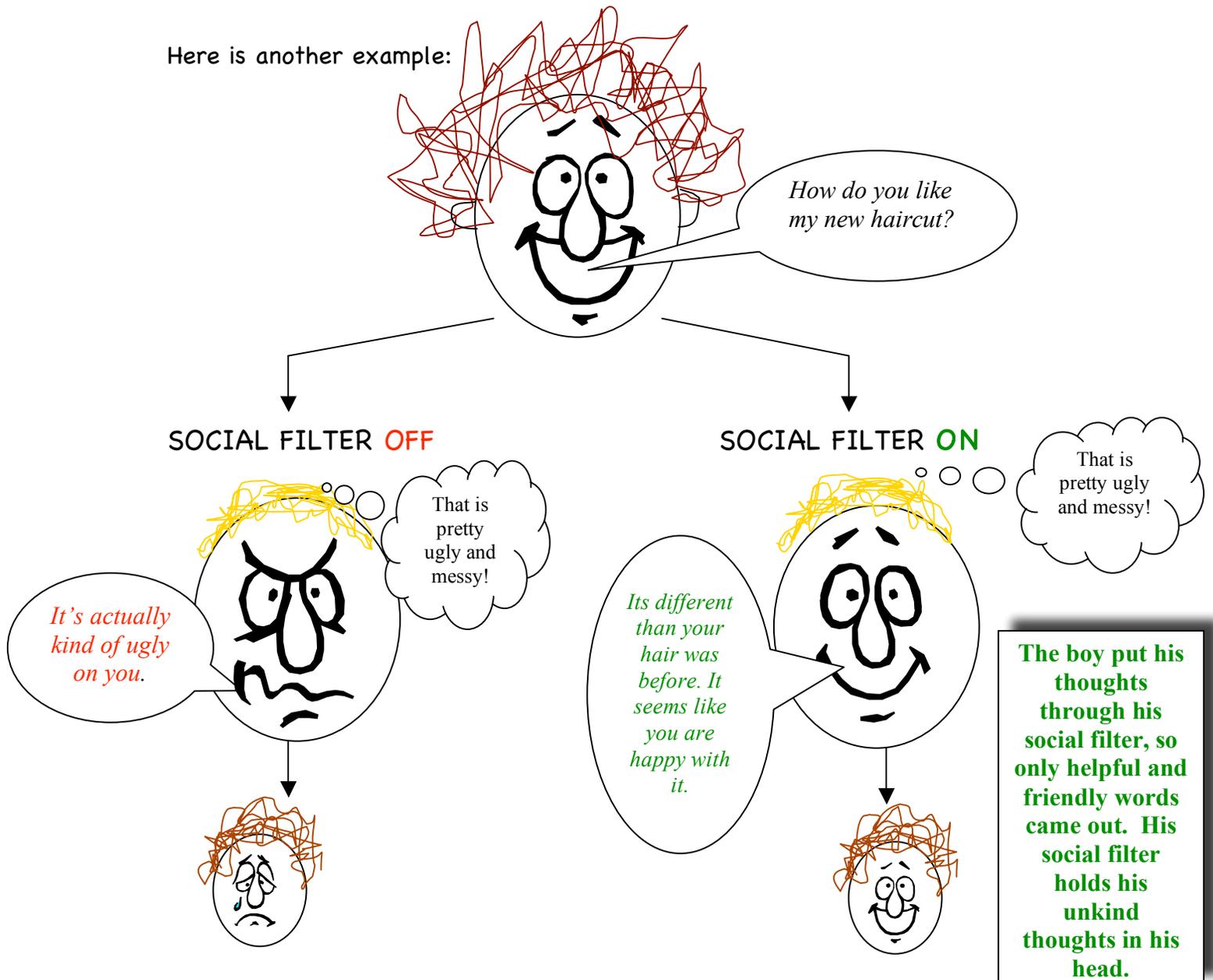
Oh no....I really don't like the sweater I got from grandma for my birthday. But, I don't want to hurt her feelings, so I will say, “Thanks for the sweater grandma! It must have been a lot of work!”

**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.**

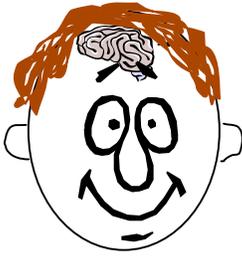
## Your SOCIAL FILTER helps you:

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

Here is another example:

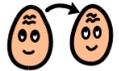


# IS YOUR SOCIAL FILTER ON?



## 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.

