

Scenario Options for Eighth Grade Problem-Solving Discussion

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18. A friend of yours tells you that they want to break up with their boyfriend/girlfriend/partner, but the person they have been spending time with has threatened to “kill themselves” if your friend breaks up with them.

- How do you feel about this?
 - What type of problem is happening here?
 - What could you say to your friend about this or how could you help?
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19. A friend tells you that their boyfriend/girlfriend/partner hit them during an argument and wouldn't let them leave when they wanted to. The friend states that “they were really sorry, though” and the person who used violence promised that it wouldn't happen again.

- How do you feel about this?
 - What type of problem is happening here?
 - What could you say to your friend about this or how might you help?
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20. You are talking to a friend, and he tells you that his soccer coach has been telling him that he “looks really good” and that the coach has invited the boy over to his house for “some private coaching.” Your friend seems worried but confused because the special attention feels good.

- How do you feel about this?
 - What type of behavior is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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21. You are talking with a close friend, and she tells you that she has been thinking about dying and that she is looking on the Internet for ways to “do it” so that it looks like an accident. She then says... “just kidding.”

- How do you feel about this?
 - What type of challenge is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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22. You are feeling upset a lot and under pressure. You find yourself crying and feeling out of control. Your grades are starting to slip, and you can't seem to make it any better. It feels like you don't care anymore.

- How might you feel if this happens?
 - What type of challenge is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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23. You are "talking to" (seeing/dating) someone who you are very attracted to, and they seem to be into you as well. They are talking about wanting to have sex. You like them but don't feel ready for the responsibility or emotional intensity of sexual intercourse (or very involved same-sex or opposite-sex activity such as oral sex).

- How do you feel when this happens?
 - What type of challenge is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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24. You notice frequent scratches and scarring on a friend's forearms. They are often scabbed, and sometimes your friend seems to pick at them.

- How do you feel about this?
 - What type of behavior seems to be or might be happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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25. Your usual group of good friends is starting to drink alcohol on the weekends and some of them are starting to smoke cannabis and vape nicotine. One of them has even brought vodka to school and is keeping it in their locker.

- How might you feel if this happens?
 - What type of challenge is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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26. You meet a kid from another school when you are downtown with a group of friends. They seem cool and so you exchange phone numbers. At first, their texting seems normal but now they are trying to get you to text a naked picture of yourself to them.

- How would you feel if this happens?
 - What type of challenge is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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27. One of your friends admits to you that they have been throwing up sometimes because they are "too fat." They tell you that it's a great way to look good and stay skinny.

- How would you feel if this happens?
 - What type of challenging behavior is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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28. One of your female friends who comes from a South Asian family (from India), is joking around with a guy you both know, and he says to her in a "joking" voice, "Take that back or I'm going to slap you right back to India."

- How would you feel if this happens?
 - What type of othering is happening here?
 - What (if anything) could you consider doing about it either in the present moment or later?
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