

Late-Night Texting

NAME _____

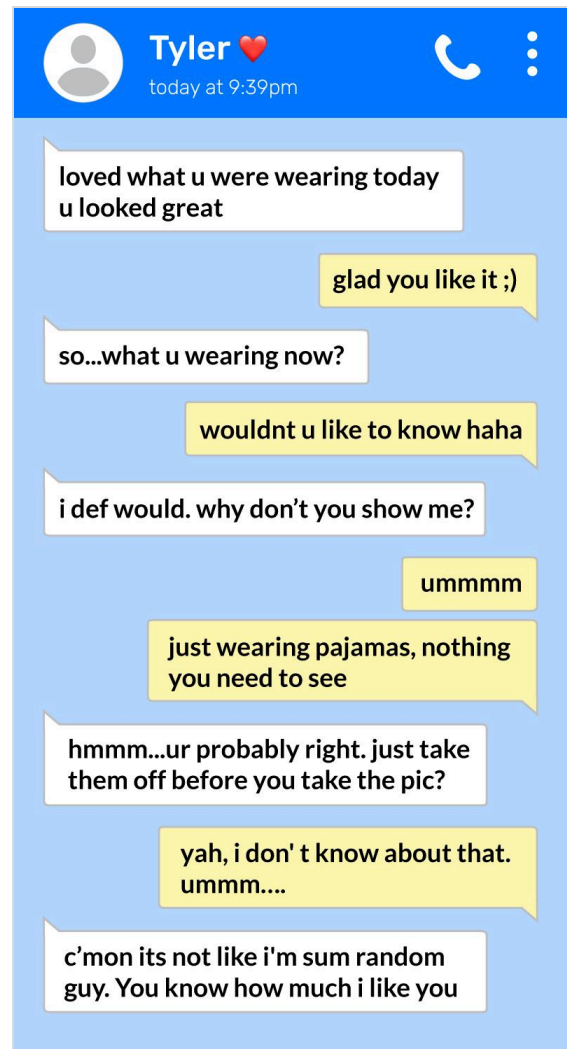
DATE _____

Part 1 Directions

Read the scenario and the text conversation.

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Sixteen-year-old Alyssa and her boyfriend, Tyler, have been boyfriend and girlfriend for two months. They both really like each other, and they text each other a lot. They feel like they can share their feelings with each other. They're up late texting one night, and Tyler starts flirting. Alyssa feels flattered since she likes Tyler, too. Tyler heard from his older brother that to take it to the next level, he could ask Alyssa for something personal. But he wasn't sure about doing this.



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Part 2 Directions: Work with your group to complete the questions below.

Identify: Imagine you are in Alyssa's position. What dilemma or challenge is she facing?

Alyssa's boyfriend Tyler is asking her to send a sext and she feels uncomfortable and/or unsure about what to do.

Feel: What do you think Alyssa is *feeling*? Why might the situation be hard or challenging for her?

Alyssa might be feeling uncomfortable or anxious because she doesn't want to send a revealing picture of herself. She might also be feeling unsure about what to do. Alyssa also may be feeling uncomfortable because if Tyler keeps pressuring her to send it, she isn't sure how to say no. She might not want Tyler to think she doesn't like him.

Imagine: *Imagine* how Alyssa could handle the situation. Come up with as many ideas as possible: There's no one "right" answer! Then, highlight which option might lead to the most positive outcome.

She could send a picture.

She could avoid sending a picture by:

- Being honest about how she feels
- Changing the subject
- Using humor
- Keeping it light

She could talk to a trusted adult to get advice.



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Part 3 Directions: Work with your group to answer the question below.

Say: Thinking more about the idea you chose for handling the situation, what could Alyssa say or do?

First: What could Alyssa say or do?

Answers will vary.

Second: How would Alyssa say it?

☐

In person

☐

Call or FaceTime

☐

Text

☐

Direct/private message

☐

Email

☐

Other: _____

Third: What would Alyssa say? Write out the conversation.

- "Sorry, but I think you got the wrong impression of me" or "I am a pretty private person and would never do that."
- "Hmm, I don't think so! But I'm having fun chatting with you."
- "Ummm ... I don't think so. But hey, I was gonna ask you what's the name of that band you like?"
- "How about this? :)" (And share a funny-face picture instead.)

Part 4: Tyler's Perspective (optional)

You used the Feelings & Options steps to think through Alyssa's perspective. Now, in your group, consider Tyler's perspective by discussing the following questions:

- The scenario mentions that Tyler's older brother suggested he "take it to the next level." How might that have influenced Tyler's actions?
- Besides not asking in the first place, what could Tyler have done differently to avoid giving Alyssa a red flag feeling?
- What could Tyler say if he realizes Alyssa is uncomfortable with the request?

