GRADE 7: MY SOCIAL MEDIA LIFE

Noticing Red Flag Feelings

NAME

DATE

Directions

For your assigned example, write down what *red flag feeling* you might get if that situation happened. Then, work with your partner to complete the other columns and discuss with the class.

When this happens ...	Slow down, pause and remember Feel, Identify, Reflect, and Enact			
	Feel. Take stock of your emotions. *Are you feeling sad, anxious, jealous, excluded, or uncomfortable? If not, what emotion captures how you feel?*	Identify. Think about what caused you to have this feeling. *What happened? Was it something you—or someone else—said or did?*	Reflect. Consider possible responses. *What choices of action are available to you? What are the benefits or drawbacks—for you and for others—of each step you might take?*	Enact. Take steps to act. *How can you move forward to address the situation in a way that is positive and productive—for you and for others?*
1. I checked my phone five times in the last 15 minutes to make sure I didn't miss an update from my friends.				
2. I haven't finished my homework because I've been texting and snapping with my friends.				
3. I see a post of my friends having fun without me and I feel left out.				

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4. I deleted several of my posts because they didn't get enough likes or shares.				
5. I posted so many videos and photos from my trip to the amusement park that I was embarrassed about it later.				

Exit Ticket

Write your responses here.

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