NAME

DATE

Noticing Red Flag Feelings

Directions

Part 1: Read the dilemma below and then complete the Feelings & Options steps.

"Missing Out"
For months, Aida and her three closest friends had been waiting for a new movie to come out. The movie was based on one of their favorite books, and they promised they would see it all together and then go out for pizza. On the movie's opening weekend, Aida had a last-minute emergency and wasn't able to go. The others decided to go anyway because they had really been looking forward to it. That night they posted constantly about their fun and new inside jokes. Aida wanted to keep connected, but seeing the constant posts bummed her out. She felt like no one even cared that she had missed out on their plans.

Identify: Who are the different people involved in the scenario? What dilemma or challenge are they facing?

Feel: What do you think each person in the dilemma is *feeling*? Why might the situation be hard or challenging for each of them?

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Imagine: *Imagine* how the situation could be handled. 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, where most people feel good or taken care of.

Say: Thinking more about the idea you chose for handling the situation, what could the people involved say?

First: How would they say it?

- ☐ In person
- ☐ Call or FaceTime
- ☐ Text
- ☐ Direct/private message
- ☐ Email
- ☐ Other: _____

Second: What would they say? Write out the conversation.

Part 2: Complicate (optional)

Discuss these questions in your group, and share responses. Be sure to hear all perspectives -- the more perspectives, the better!

- *What if it was a regular sleepover rather than a movie outing? Should the friends reschedule, or stick with their plans without Aida?*
- *What if the friends posted comments and captions on their pics saying that they were sorry Aida was not with them? (For example: @Aida wish you were here)*
- *Does it make a difference why Aida couldn't attend? (What if Aida's emergency was that her mom was in the hospital? What if it was that she had been grounded for sneaking out of her house?)*

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