

NAMES _____

With a partner, you will look at these scenarios and write down, "What would you do?" What would you say?

Scenario 1

I'm tired of my mom always yelling at me. She works two jobs, and I know she is exhausted, but I'm tired of her taking it out on me. Yesterday, I asked if I could hang out with friends and go to the movies. She yelled at me and told me "no." I feel very angry inside.

STOP. THINK. What would you do? What are the options? Pros and cons	CHOOSE. What would you say? (decision)
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Scenario 2

I posted a picture of myself on social media. This morning when I woke up I was upset about the nasty comments. One of the comments was from a girl who I thought was my friend. I feel angry.

STOP. THINK. What would you do? What are the options? Pros and cons	CHOOSE. What would you say? (decision)
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Scenario 3

During PE class, Billy and I bumped into each other during the Ultimate Football game. Billy yelled at me, so I yelled back. Billy whispered he was going to beat me up in the locker room after class.

STOP. THINK. What would you do? What are the options? Pros and cons	CHOOSE. What would you say? (decision)
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Scenario 4

I thought Shelley and I were good friends. Lately, she has been hanging out with other people and seems to ignore me when I am around. I am annoyed. If this is how she is going to treat me, I want my favorite necklace back.

STOP. THINK. What would you do? What are the options? Pros and cons	CHOOSE. What would you say? (decision)
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Which scenario felt most real or challenging to you and why?

How could STOP-THINK-CHOOSE help you in a real-life situation this week?