

Sheyna's Situation

NAME _____

DATE _____

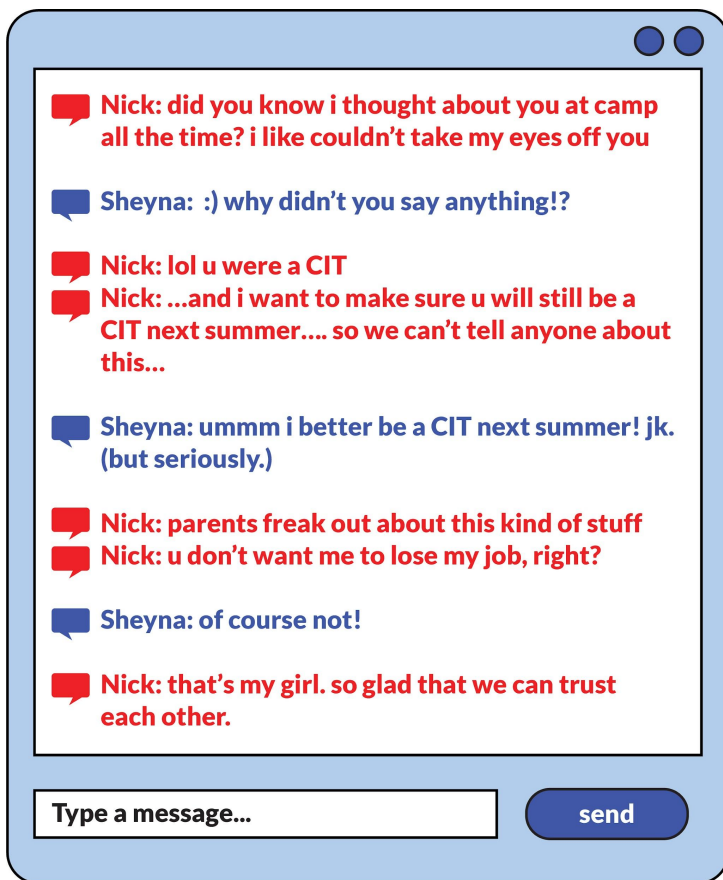
Directions: Part 1

With your group, read the scenario below. Then, use it to complete the questions that follow.

Sheyna just started her freshman year of high school and has recently started exchanging messages with Nick, who is the assistant director at the day camp she attended over the summer. He just graduated from college and lives a few hours away.

Sheyna messages about how much she misses camp and how she's frustrated with her friends. Nick is funny, flirty, and great at giving advice. "Those girls sound so immature," he tells her. "You might as well be in college. Seriously. You act way cooler than any 14-year-old I know."

One day Sheyna and Nick have the following exchange (CIT stands for "Counselor in Training"):



Nick: did you know i thought about you at camp all the time? i like couldn't take my eyes off you

Sheyna: :) why didn't you say anything!?

Nick: lol u were a CIT

Nick: ...and i want to make sure u will still be a CIT next summer.... so we can't tell anyone about this...

Sheyna: ummm i better be a CIT next summer! jk. (but seriously.)

Nick: parents freak out about this kind of stuff

Nick: u don't want me to lose my job, right?

Sheyna: of course not!

Nick: that's my girl. so glad that we can trust each other.

Type a message... send

Nick then asks Sheyna to send him some pictures of her in her bathing suit at camp. Sheyna is flattered, but it makes her feel a little uncomfortable. Nick always talks about how mature she seems, and she doesn't want to make him think otherwise.



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Directions

Sheyna's situation with Nick is causing her to have a red flag feeling, and she is unsure how to handle it. Something that might help Sheyna would be to slow down, pause, and reflect. Specifically, using the acronym "FIRA" can help Sheyna reflect in a way that leads to more self-awareness and to a plan of action that will make her feel more comfortable.

Imagine you are Sheyna, and complete the FIRA table below from her perspective.

Slow down, pause, and remember: <u>F</u> eel, <u>I</u> dentify, <u>R</u> eflect, and <u>A</u> ct			
<u>Feel.</u> Take stock of your emotions. <i>Are you feeling sad, anxious, jealous, excluded, or uncomfortable? If not, what emotion captures how you feel?</i>	<u>Identify.</u> Think about what caused you to have this feeling. <i>What happened? Was it something you—or someone else—said or did?</i>	<u>Reflect.</u> Consider possible responses. <i>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?</i>	<u>Act.</u> Take steps to act. <i>How can you move forward to address the situation in a way that is positive and productive—for you and for others?</i>
Sheyna may be feeling uncomfortable or conflicted.	Sheyna wants Nick to like her and think she's mature, but she's nervous about sending a picture of herself in her bathing suit.	Sheyna could say no to sending the picture, which might lead Nick to being mad or not wanting to talk to her as much. She could make a joke or try to change the subject and see if he stops asking her. She could send the picture to him, and then he'd be happy. He might also show the picture to other people or share it online.	Answers will vary.



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Directions: Part 2

Step 1

Come up with your own scenario, similar to the scenario in Part 1, where someone experiences a red flag feeling based on their interactions online with someone.

Step 2

Pair up with a classmate and trade scenarios. After reading your partner's scenario, use FIRA to write an ending for your partner's scenario that leads to a positive and productive path forward for the main character.

Your Scenario

Answers will vary.



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Your Partner's Ending Using FIRA

Answers will vary.

