

GROUP 1

Instructions: Read the below online scenario. With your group, discuss possible responses to the prompt at the end. Once you discuss and identify the response that your group feels would help, write down the proposed response and a sentence or two on why this was the chosen by your group.

Scenario 1

Avery is the type of person that is *always* on their phone. You can always count on them for a quick response, or to instantly like your posts. Avery has a habit of pulling their phone out and hopping on Instagram or TikTok whenever they are feeling bored, constantly refreshing their feed. Avery starts noticing that everyone they follow seems to have a better, more active life than they do, with everyone constantly going on trips, buying new clothes, or doing fun things with their friends every day. Avery felt like they needed to keep up and started spending a lot of time on making the perfect photos or videos to post every day. Avery starts compulsively checking their posts for the number of likes and comments, and comparing these numbers to some of the people they follow. Avery starts feeling very frustrated that no matter what they post, they can't seem to live up to their friends and other people they follow online. Avery starts to question their appearance and even their personality, constantly thinking about what is wrong with them and why they don't seem to have as many friends or get the same number of likes or comments on their posts as other people.

What could Avery do to help manage these feelings?

Why did you decide on the action above?

GROUP 2

Instructions: Read back the scenario on the first page and the response to the prompt that Group 1 gave. Once you do this, discuss with your group the possible pros and cons of that response identified by Group 1. After this, offer either an additional action to the one Group 1 suggested, or a different response all together that you feel would help.

Pros	Cons

What can Avery do to help manage these feelings and why?

GROUP 3

Instructions: Read back the scenario on the first page and the response to the prompt that Group 2 gave. Once you do this, discuss with your group the possible pros and cons of the response identified by Group 2. After this, offer either an additional action to the one Group 2 suggested, or a different response all together that you feel would help.

Pros	Cons

What can Avery do to help manage these feelings and why?

GROUP 4

Instructions: Read back the scenario on the first page and the response to the prompt that Group 3 gave. Once you do this, discuss with your group the possible pros and cons of the response identified by Group 3. After this, offer either an additional action to the one Group 3 suggested, or a different response all together that you feel would help.

Pros	Cons

What can Avery do to help manage these feelings and why?

GROUP 2

Instructions: Read the below online scenario. With your group, discuss possible responses to the prompt at the end. Once you discuss and identify the response that your group feels would help, write down the proposed response and a sentence or two on why this was the chosen by your group.

Scenario 2

Tatum was listening to a podcast and heard that a large number of high school students were not getting into college despite having a good GPA, SAT scores, and plenty of extracurriculars. The guest on the podcast said that the reason for this was because universities “are trying to scrub white-ness from their campuses”. Tatum, having recently submitted college applications got really mad at this and decided to look it up online. Tatum found a few research articles that seemed to disagree with the podcast, but the podcast also said that research refuses to talk about this “because they know what they’ll find”. Tatum later found a couple of random news articles and a ton of posts online complaining about minorities stealing spots at major universities all over the US. Still angry, Tatum decided to ignore the articles that said what was in the podcast wasn’t true, and instead shared the podcast with a caption saying “imagine being a senior in high school and having to learn the lesson that universities are trying to keep you out because of who you are #goodbyewhiteculture”?

You come across this post, what is your course of action?

Why did you choose this approach?

GROUP 3

Instructions: Read back the scenario on the first page and the response to the prompt that Group 2 gave. Once you do this, discuss with your group the possible pros and cons of the response identified by Group 2. After this, offer either an additional action to the one Group 2 suggested, or a different response all together that you feel would help.

Pros	Cons

You come across this post, what is your course of action and why?

GROUP 4

Instructions: Read back the scenario on the first page and the response to the prompt that Group 3 gave. Once you do this, discuss with your group the possible pros and cons of the response identified by Group 3. After this, offer either an additional action to the one Group 3 suggested, or a different response all together that you feel would help.

Pros	Cons

You come across this post, what is your course of action and why?

GROUP 1

Instructions: Read back the scenario on the first page and the response to the prompt that Group 4 gave. Once you do this, discuss with your group the possible pros and cons of the response identified by Group 4. After this, offer either an additional action to the one Group 4 suggested, or a different response all together that you feel would help.

Pros	Cons

You come across this post, what is your course of action and why?

GROUP 3

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Scenario 3

Emma views herself as being friends with almost everyone at the school and doesn't think of herself to have any enemies. She does well in school, does some extracurricular activities, and she also coaches youth soccer. In the times she is not in school or doing one of the other activities, she spends a lot of her time online – usually around 6-8 hours a day. While spending time online, she often tries to keep up with everything happening in the world with news and updates, however the more she sees it, the more upset it makes her for the pain others are feeling. The more upsetting news she looks up, the more it continues to show up on her feeds (videos of people being affected by a wildfire; stories of a new virus that was found impacting teens; protests of recent injustices). This started to severely impact Emma's mood – feeling more anxious, nervous, and stressed out – and it caused her to hang out with friends less and be shorter tempered with her classmates as well.

How can Emma cope with what is happening and her feelings?

In what ways will the above action help the situation?

GROUP 4

Instructions: Read back the scenario on the first page and the response to the prompt that Group 3 gave. Once you do this, discuss with your group the possible pros and cons of the response identified by Group 3. After this, offer either an additional action to the one Group 3 suggested, or a different response all together that you feel would help.

Pros	Cons

How can Emma cope with what is happening and her feelings and why?

GROUP 1

Instructions: Read back the scenario on the first page and the response to the prompt that Group 4 gave. Once you do this, discuss with your group the possible pros and cons of the response identified by Group 4. After this, offer either an additional action to the one Group 4 suggested, or a different response all together that you feel would help.

Pros	Cons

How can Emma cope with what is happening and her feelings and why?

GROUP 2

Instructions: Read back the scenario on the first page and the response to the prompt that Group 1 gave. Once you do this, discuss with your group the possible pros and cons of that response identified by Group 1. After this, offer either an additional action to the one Group 1 suggested, or a different response all together that you feel would help.

Pros	Cons

How can Emma cope with what is happening and her feelings and why?

GROUP 4

Instructions: Read the below online scenario. With your group, discuss possible responses to the prompt at the end. Once you discuss and identify the response that your group feels would help, write down the proposed response and a sentence or two on why this was the chosen by your group.

Scenario 4

Alex gets a random DM from a classmate telling them to follow an account on Instagram. Curious, Alex goes to the account to check it out, and realizes it's private. Not thinking anything of it, Alex follows the account to see what it's about. Once Alex's follow is accepted, they go check out the account and realizes that whoever is running the account is probably someone at their school and that they are posting rumors about people. Not only are they posting rumors, but every post has a picture of the person the rumor is supposedly about (usually of them walking around the school). Alex realizes that a lot of the things posted by this account are rumors that they've heard come up in conversations people are having at school. Alex wasn't exactly a fan of spreading rumors but decided not to unfollow the account because they didn't want to miss something good, and more importantly they wanted to be able to see if the person ever makes a post about them.

What is another way Alex could respond to this situation?

Why did you choose the above action for Alex to take?

GROUP 1

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Pros	Cons

What is another way Alex could respond to this situation and why?

GROUP 2

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Pros	Cons

What is another way Alex could respond to this situation and why?

GROUP 3

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Pros	Cons

What is another way Alex could respond to this situation and why?