

Risky Chat Dilemma

NAME _____

DATE _____

Directions

Reread the dilemma below and then complete the Feelings & Options steps.

Risky Chat

Sara loves taking pictures and posting them to Instagram. A few months ago, she noticed alex_eastwest13 liked several of her photos and commented "you are so talented!" Sara was flattered. Then she received a private message from alex_eastwest13 asking if she was a professional photographer or if she wanted to be one someday. Sara responded that it was her dream to be one when she grew up. Now they talk a lot through private messaging. Sara also posts comments on alex_eastwest13's photos, which are mostly of random objects and nature scenes. Last week, alex_eastwest13 asked if she would post more selfies because "i think u r beautiful." Alex_eastwest13 also messaged her a cell number so she could send more personal pictures. "Just don't tell anyone I gave you this," alex_eastwest13 commented.

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

Feel: What do you think Sara is *feeling*? Why might the situation be hard or challenging for her?



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Imagine: *Imagine* how Sara could handle the situation. Come up with as many ideas as possible: There's no "right" answer! Then, circle which option might lead to the most positive outcome.

Say: Thinking more about the idea you chose for handling the situation, what could Sara say or do?

First: What could Sara say or do?

Second: How would Sara say it?

☐

In person

☐

Call or FaceTime

☐

Text

☐

Direct/private message

☐

Email

☐

Other: _____

Third: What would Sara 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 Sara tries ignoring alex_eastwest13 but alex_eastwest13 keeps finding ways to communicate with Sara?
- What if Sara politely says no to alex_eastwest13's request and alex_eastwest13 gets upset?
- What if alex_eastwest13 says he has met some of Sara's friends before?



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