Directions

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

| Risky Chat |
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| *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 mobile 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? |
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| 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. |
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| Say: Thinking more about the idea you chose for handling the situation, what could Sara say or do? |
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| 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\_eastwest13keeps finding ways to communicate with Sara?
* What if Sara politely says no to alex\_eastwest13's request and alex\_eastwest13gets upset?
* What if alex\_eastwest13 says he has met some of Sara's friends before?