There are thousands upon thousands of choices that we face and make every single day. These choices can be about anything, from when to brush our teeth, to solving problems in your math class, to deciding how to deal with other people in your life. When you look at every choice you face, there are certain factors that will always be there. When you think about and analyze these factors it is usually easy to see why you made a choice and whether the results of that choice were positive or negative. Some of the key vocabulary we will be talking about is:

* **Situation:** What happens first, before a choice is made.
* **Thinking:** What you are saying to yourself after the situation occurs, before you make a choice.
* **Feeling:** The emotions you have after you think about the situation.
* **Choices:** All of the options you have when responding to a situation.
* **Consequence:**  What happens as a result of the choice you made.
* **Reasonable:** After analyzing a situation, feeling, choice, etc., there is a feeling that it was fair and made sense.
* **Unreasonable:** After analyzing a situation, feeling, choice, etc., there is a feeling that it was not fair and did not made sense.
* **Short term:** What happens right away, usually seconds or minutes after something occurs.
* **Long term:** What happens eventually, usually hours or days after something occurs.
* **Possible solution:** One way that a problem can be resolved.

**Scenarios**

Analyze the following scenarios using the graphic organizers provided. You do not need to write in complete sentences, but be prepared to discuss your answers.

**1) Yesterday, after school, Erica went on Facebook and saw that her ex-boyfriend was talking bad about her. He had posted private information they had talked about, while they were dating, and, when people commented on his posts, he made fun of Erica and called her names. Even some of Erica’s friends were getting involved, and although they were not calling her names, they were not defending her. Analyze Erica’s situation.**

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| **Situation** | **Thinking** | **Feeling** |

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| **Choices**

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| --- | --- |
| **Reasonable** | **Unreasonable** |

 | **Consequences**

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| --- | --- |
| **Short Term** | **Long Term** |

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| **Possible Solution** |

**2) Jordan had a rough night at home last night. When he came into class today he was grumpy and not in a great mood. When his teacher asked him a question about what they were learning he did not answer, even after the teacher asked a second time. Jordan began to work on the assignment given by the teacher, but when he asked his friend a question about it the teacher called him out and told him to stop talking. Jordan stopped working and put his head down. The teacher is asking him to put his head up and get to work and reminding him of the consequences if he doesn’t. Analyze Jordan’s situation.**

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| **Situation** | **Thinking** | **Feeling** |

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| **Choices**

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| **Reasonable** | **Unreasonable** |

 | **Consequences**

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| **Short Term** | **Long Term** |

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| **Possible Solution** |

**3) Emily is shy. When she walks through the hallways at school she does not talk to many people and moves quickly to her classroom. A few of the students know that Emily does not defend herself when people make fun of her. They have begun to bully Emily whenever they see her. The problem is getting worse because they have started to block her from walking places and have made her late to class. Emily is getting worried that the problem will not go away by just ignoring them. Emily does have some close friends that she talks to about this. Some of her friends tell her to talk to the principal. Other friends are telling her that, if Emily wants, they will help Emily confront these girls who are bullying her and see what happens from there. Analyze Emily’s situation.**

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| **Situation** | **Thinking** | **Feeling** |

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| **Choices**

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| **Reasonable** | **Unreasonable** |

 | **Consequences**

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| **Short Term** | **Long Term** |

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| **Possible Solution** |

**4) Jocelyn is always trying to look cool and tough in front of her friends. She wants people to know that they can’t mess with her. There is a new boy at school who does not have many friends yet and Jocelyn has begun to target him. She started by just teasing him, but now she is looking for any reason to control him and challenge him. Lately, she has begun to push him in the halls and threaten him whenever he says anything back to her. Analyze Jocelyn’s situation.**

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| **Situation** | **Thinking** | **Feeling** |

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| **Choices**

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| **Reasonable** | **Unreasonable** |

 | **Consequences**

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| **Short Term** | **Long Term** |

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| **Possible Solution** |

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