

Scenarios and Discussion Questions

Your friend is very active on Instagram. They take and post pictures of you without you knowing until you see it while scrolling through Instagram. You are not comfortable with them doing this. You've tried mentioning that to them before but they told you to "just relax, it's not like I take bad pictures of you." You realized you need to talk to them again to make them stop.

- 1) How has communication broken down?
- 2) How should you go about talking to your friend about this?
- 3) What are some healthy boundaries that need to be set in situations like this?

Your friend is always late when meeting up with you or cancels plans very last minute. This time, you waited for over an hour and then they suddenly cancelled plans. You're very angry with your friend so you haven't been responding to their texts. They just sent you a text asking if you were mad and if you two can talk. How should you respond to this?

- 1) How has communication broken down?
- 2) What are some ways to communicate with your friend to resolve this conflict in a healthy way?
- 3) What are some healthy boundaries to set in situations like this?

You started dating someone over a month ago. Lately, you have felt that this person has become very demanding and asking you to do things that you do not feel comfortable with. When you try to express your discomfort, they get mad at you and won't listen. You realize you need help.

- 1) Who can you turn to for help?
- 2) What could you say to make sure you get the help you need?
- 3) What if the first person you went to could not help you? What should you do?

Your friend tells you that they are afraid to go home because their older sibling and their mom have been getting into increasingly hostile arguments. They are worried for their mom and for their own safety. You realize that your friend needs help.

- 1) How can you help your friend? (Note for facilitator: emphasize getting help from a trusted adult)
- 2) What could you say to the trusted adult to get help for your friend?
- 3) How should you respond to your friend?

You're at a party with your friend and have been offered a cigarette. You say no, but your friend doesn't take you seriously and tells you to "relax and just take it". How can you respond?

- 1) How has communication broken down?
- 2) How can you respond to your friend to make sure they know you are being serious?
- 3) What other strategies can you think of to help you set boundaries and get out of this situation?