

Scenarios and Discussion Questions

Scenario:

The guys in your school do this thing where they slap each other in the back of the neck. No one likes being slapped, but it's now seen as the "cool thing to do" so everyone goes along with it. One day, you and your friend are walking to their locker and your friend is slapped in the back of the neck and it looked like it hurt. You don't want to cause trouble so you pretend you didn't notice your friend's pained expression.

Is this healthy or toxic?

As a friend, what is a healthy response in this situation?

Scenario:

Your friend started calling you a nickname you don't like. They won't stop even after you have told them to.

Is this healthy or toxic?

What could you do in this situation?

How could your friend respond if the friendship was a healthy one?

Scenario:

At a party, your friend accidentally blurts out something embarrassing about you. You are very upset and confront your friend about it afterwards. They listened carefully and apologized for what they did. They did not realize it had hurt your feelings.

Is this healthy or toxic?

If the dynamic was unhealthy, what could your friend's response have been?

If your friend had ignored you or did not acknowledge what they did, what else could you do?

Scenario:

You are with your friend at the drug store and she tells you she is going to slip a pair of earrings into her bag. She invites you to do the same.

Is this healthy or toxic?

How can you respond so that you are setting a healthy boundary with your friend?

What are some challenges to setting boundaries in a situation like this? How can you overcome them?

What could you say to discourage your friend from this?

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Scenario:

You told your friend that you have been feeling very depressed lately and started cutting yourself. Your friend listens to you with compassion and tells you that they are very worried about you. They tell you that this is a serious situation and that they want to go to a trusted adult to get help for you.

Is this healthy or toxic?

What if you have been asked to keep something a secret, but know that your friend is in need of help. What should you do?

Scenario:

You told a friend a secret about having a crush on someone and you just found out that they have shared this on their social media account so now a lot of people know.

Is this healthy or toxic?

What is a healthy response to this situation?

What are some healthy boundaries to set with this friend?

Scenario:

You and your partner recently started dating. You have been feeling stressed out by school and other things and feel you do not have time to date right now. You ask your partner to take a break and they listen to you and tell you that they understand. They suggest taking a break and talking about the relationship in a couple of weeks.

Is this healthy or toxic?

What is a healthy response to this situation?