

CHOICES & CONSEQUENCES

Jane

WHAT IS THE SITUATION?

Jane is on her front lawn at home and her friend says to her "Look there's that kid on the roller blades again, let's go and chase her and push her off".



Worried and anxious

WHAT ARE YOU FEELING?

CHOICE 1



I could go along with my friend.

CHOICE 2



I could suggest we do something else.

CHOICE 3



I could say, "I don't want to bully that kid or cause her to be hurt".

CONSEQUENCES 1

Good



I do what my friend wants so she will still like me.

CONSEQUENCES 2

Good



My friend will still like me.
The kid on roller blades won't get bullied.

CONSEQUENCES 3

Good



I won't be bullying.
I won't hurt anyone.
I won't get into trouble.

Not so Good



The kid on the roller blades might get hurt.

Not so Good



My friend might still want me to go and bully the kid on roller blades.

Not so Good



My friend might not like me any more.

DECISION



I will try number 2 and suggest we do something else first and if she or he still wants to bully the kid on roller blades I will try number 3 and say I don't want to be involved in bullying.