



PRINTABLE WORKSHEET
Resist the squeeze! Scenarios

	Scenario: option 1
A	Your friend Matis invites you over to his cousin's party. You don't know his cousin, but you know that he's in 10th grade and hangs out with a group of somewhat "rebellious" kids at school. You wonder if you'll feel like you fit in. Deep down, you feel it's better not to go. But another one of your friends, Juliette, insists that you tag along. She begs you, saying that if all three of you go, you'll be less awkward. What do you do?
B	You ultimately decide to go to the party, to show up for your friends and be bold. At the party that night, some people start drinking alcohol. The atmosphere shifts. Inside, you no longer feel comfortable, and part of you would prefer to leave the party. But Matis and Juliette are having fun and want to stay. What do you do?
C	You ultimately decide to stay, to avoid displeasing your friends. Matis's cousin offers everyone a drink. It's his "round"! You've never really had an alcoholic beverage before. Deep down, you feel that it's not a good idea. But your two friends accept the drink, like everyone else. You hesitate... It's his party, after all. What do you do?

	Scenario: option 2
A	It's the end of the academic semester. You have three big exams coming up. You plan to study all weekend so you're well prepared. Your friend suggests going out to the mall and the movies on Saturday instead. You're tempted! But deep down, you feel that it's not a good idea. You feel it's better to stay at home and focus on finishing the semester. Your friend insists that you're stressing too much over your exams for no reason. She says studying is a waste of time. She tells you to enjoy life! What do you do?
B	You ultimately decide to go out with your friend on Saturday and do all your studying on Sunday. When Sunday comes around, you realize that it's too much studying for one day. You feel overwhelmed and unable to do it. You turn to your parents for help, but they think you mismanaged your time and blame you for going out yesterday. They are strict: you need to study thoroughly for your exams and do well. Internally, you feel the pressure building. You don't want to disappoint your parents. You could use some help... What do you do?
C	You ultimately decide to manage on your own and study late into the night. On Monday morning, you're exhausted. Your French teacher wants to talk to you. She says you look very tired. She offers to give you extra help during the lunch hour. Deep down, you feel that you need the help your teacher is offering. But your friend is trying to convince you not to go, and to have lunch with her instead. She says that going to see your teacher will probably cause you more trouble than anything else. What do you do?

	Scenario: option 3
A	It's a school night, and you're playing online with friends. You were planning to stop playing at 8 p.m. to finish your homework and get ready for bed. But at 8 p.m., your friends start a new game and insist that you stay and play with them. What do you do?
B	You tell them that you have to go. Someone on your team says, "You're always letting us down! If we lose, it'll be your fault." The others also ask you if you can stay for a few more minutes. How do you respond?
C	Since you refuse to keep playing, a friend asks you to give them your password so they can play as your character for you. The friend promises they won't do anything else with your account. What do you do?

	Scenario: option 4
A	Some students in your class are doing a social media challenge where each person posts an awkward or embarrassing photo of themselves and then tags others to do the same. Your name has been tagged in the challenge, but you don't want to participate. What do you do?
B	The next day, several people ask you why you didn't do the challenge. Some of them say things like, "It's no fun if you don't do it!" or "Everyone else did it—you're the only one left who hasn't!" Some of them insist that you post a photo. How do you respond?
C	A few days later, you find out that a fake photo of you—created using artificial intelligence and without your consent—has been posted on social media. You feel your anger rising. What do you do?