

WALK IN OUR SHOES

Slammer Scenarios

One friend is stressing out over life and is over-eating to deal with all of the stress. The other friend says "You are so grossing me out, aren't you worried you will get fat!"

Helpful Response _____

One friend has anxiety so bad that she throws up or gets sick to her stomach for no particular reason. The other friend says "You are such a drama queen, everyone knows you are totally faking it."

Helpful Response _____

One friend has been sad and depressed the last week for no apparent reason. The other friend says "You are being too much of a downer. I don't think I can hang out with you anymore."

Helpful Response _____

One friend has been overly happy the last four days and exhibiting some atypical behavior. The other friend says "Stop being such a spaz. You are totally freaking me out!"

Helpful Response _____

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One friend is socially awkward and sometimes says things that don't make sense to the rest of the group. A friend says "You are so weird. You know no one likes you?"

Helpful Response _____

One friend has been having a tough time sitting in class and paying attention. The other friend says "I know this class is boring but you have to stop being such a clown."

Helpful Response _____

Response Scenarios

A classmate has just returned back to school after being in the hospital for two weeks to deal with a severe bout of depression. She, or he, is scared to come back to class out of fear that you may stigmatize him/her for his/her mental health challenge.

How will you welcome your friend back to class?

A friend in your group is struggling with anorexia (weight loss that occurs from not eating). Friends in the group have noticed this person's weight loss and are worried about his/her health. Today all of you plan on talking to your friend.

What will you say to your friend?

A classmate gets severe panic attacks, especially when a big test is coming up. The teacher has announced that next Friday the class will have a big math and spelling test. You could see your classmate is already becoming worried.

How might you help your classmate?

A classmate has been diagnosed with ADHD. He/she struggles with paying attention in class and can't stay focused for long stretches of time.

How can you be helpful to your classmate?

A new student arrived at your class last week. You and your friends notice that he/she struggles with making friends. You have also noticed that some kids are starting to pick on him/her. Today you have decided to try to be helpful.

What would you do to help?

Your friend has started taking different kinds of pills at school, and is asking other people for painkillers all the time.

How can you be helpful to your friend?
