



Healthy Habits Activity Handout

Directions

Work together with your partner to write your response to each question in the space provided below. Keep in mind there are no wrong answers! Please think carefully about the questions and share your own opinion. You have 6 minutes to answer these scenarios with your partner.

Scenario 1

Sofia and her best friend Joaquín just had a huge fight. Afterwards, Sofia shared a really mean post about Joaquín on social media. Later that night, Joaquín texts her and they forgive each other, but her post is still online.

- What could happen?

- What should Sofia do? What should Joaquín do?

- Can you think of a real-life example of this situation?



Scenario 2

David took photos of some of his friends acting silly, and posted them on social media, with hashtags that could sound rude or mean, but were actually inside jokes with his friends.

- What could happen?

- What should David do?

- What if a classmate confronted David online about his post?

- Can you think of a real-life example of this situation?

- What if a classmate started calling him a bully? How do you think being seen as a bully might affect David's reputation in the future?



Scenario 3

Aditi was on social media when she discovered that Veronica, a girl at school, had taken a photo of her and written, “Haha #whatnottowear” (making fun of her clothes). Of course, Aditi was really upset.

- What might happen?

- What should Veronica do? What should Aditi do?

- Can you think of a real-life example of this situation?

