

Seventh Grade, Session 21

This Stuff Is So Complicated!

Scenario 1

Betrayal

Elena has been eating lunch with Patrick for the past two weeks. Elena has a crush on Patrick, and he told her he likes her too. Things are going well, but then Elena's friend tells her she saw Patrick talking to another girl after school. Elena wants to talk to him, but she can't decide how. She isn't even sure whom he was talking to or why; it could just be a friend or something. She's mad, she's embarrassed, and her friends are telling her how to confront him—and that's confusing too. Elena's friends have very strong opinions about what she should say to Patrick, where she should say it, and what she should post on social media about him. It feels like if she doesn't do what they want they'll get mad at her.

- What are common ways a person in Elena's situation reacts to her friends telling her what to do?

- What advice would you give Elena about standing up to her friends if she doesn't agree with them?

- Use SEAL to create strategies for Elena to confront Patrick.

- What makes it harder for Elena to use SEAL? What would she worry about?

- Give her a possible solution she can try.

Scenario 2

Rejection

Alex has been hanging out with Charlie and texting back and forth. Things have been going really well, but then Alex's friend says that Charlie likes someone else. Alex texts asking Charlie what's going on, and they say nothing is wrong. Then Charlie starts to avoid Alex and doesn't text at all. However, a little while later Charlie finally texts back, so Alex thinks things are back to normal. Then a friend tells Alex that Charlie has been hanging out with someone else. Alex is devastated, confused, and embarrassed.

- What are common things people do in seventh grade when they have been rejected by someone?

- It can be awkward to tell someone you don't like them, and it can feel like you're being rude. So what are good ways to tell someone you don't like them anymore that aren't rude but get your point across?

- Will Alex reach out to their friends and tell any of them how upset they are? Why or why not?
