

Explore Your Decisions

Ignore, Delete, Respond, or Tell An Adult

Worksheet For Teens



Explore how your decisions might have consequences, keep you safe, or keep a friend safe. Consider different situations and how you should respond.

Answer the following questions with: Ignore, Delete, Respond, or Tell An Adult

1. You get these texts from a number you don't recognize:

Hey, do you know what the social studies assignment is?

Hi, I think you're cute, let's talk.

2. You get these texts from someone you DO know:

Hi, what are the answers to the math homework?

Hi, did you hear what _____ did to _____ ?

You know I saw you today and your outfit looked terrible.

3. A picture of you that is embarrassing goes up on a friend's Instagram.

4. A picture of your friend that is embarrassing goes up on Instagram – you know it would bother your friend.

People start talking about the picture and commenting on it.

Some of the comments are super hurtful

5. Your love interest asks you to send a sexy picture of yourself.

6. You receive a "sexy picture" of someone at your school.

Who are safe people in your life to talk to about this?