

# Noticing Red Flag Feelings

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Directions

For your assigned example, write down what *red flag feeling* you might get if that situation happened. Then, work with your partner to complete the other columns and discuss with the class.

When this happens ...	Slow down, pause and remember Feel, Identify, Reflect, and Enact			
	<u>Feel.</u> Take stock of your emotions.  <i>Are you feeling sad, anxious, jealous, excluded, or uncomfortable? If not, what emotion captures how you feel?</i>	<u>Identify.</u> Think about what caused you to have this feeling.  <i>What happened? Was it something you—or someone else—said or did?</i>	<u>Reflect.</u> Consider possible responses.  <i>What choices of action are available to you? What are the benefits or drawbacks—for you and for others—of each step you might take?</i>	<u>Enact.</u> Take steps to act.  <i>How can you move forward to address the situation in a way that is positive and productive—for you and for others?</i>
1. I checked my phone five times in the last 15 minutes to make sure I didn't miss an update from my friends.	Like I'm missing out on something, anxious	Me checking my phone constantly and being worried about what my friends are doing.	I could keep checking it to make sure I don't miss anything, but this might make me feel addicted or distracted from other things.	I could turn my phone off or put it away for a while to make sure I stop checking it.
2. I haven't finished my homework because I've been texting and snapping with my friends.	Frustrated, worried about school	Me using my phone instead of doing my homework.	If I keep being distracted, I could not finish my homework and my grades could go down. If I get my homework done, I can use my phone later and feel better about it.	I could turn my phone off or put it away for a while to make sure I get my homework done.



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<p>3. I see a post of my friends having fun without me and I feel left out.</p>	<p>left out, resentful</p>	<p>Not being invited by my friends to hang out.</p>	<p>I could like the post so they know I saw it. I could ignore the post, and then they wouldn't know I felt left out. I could comment or text them to try to meet up.</p>	<p>I could wait until I see them and ask them to let me know when they're hanging out next time.</p>
<p>4. I deleted several of my posts because they didn't get enough likes or shares.</p>	<p>worried, Self-conscious, not good enough</p>	<p>My decision to delete my posts.</p>	<p>I could repost them or post something else, but then I might still be worried about getting enough likes or shares. I could not post anything and not worry about getting likes or shares.</p>	<p>I could limit what I post and not worry about deleting or keeping them based on likes or shares.</p>
<p>5. I posted so many videos and photos from my trip to the amusement park that I was embarrassed about it later.</p>	<p>Embarrassed, regretful</p>	<p>Me posting more videos and photos than I should have.</p>	<p>I could delete some of the videos and photos from my trip. I could not post anything for a while.</p>	<p>I could delete any photos or videos from my trip that feel embarrassing, and I could make sure not to post so much next time.</p>



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## Exit Ticket

Write your responses here.

Something I learned about social media and how it affects my relationships is that it can make me feel both more connected and less connected with my friends, depending on what they're posting and how often I check it. One strategy I can use to get the most out of social media is to set a limit for myself on how many times per day I check my feed and how many times I post.

