

# Learning with social stories

## Consequences and choices



**Real-life stories to discuss together (to use with the 'What would you do if...?' scenario cards)**

- Some people are not always kind
- Some even try to upset or hurt other people

### Here is a real-life story:

*'Someone I did not know sent me this: 'Why did you do this to me?' and then hacked into my account and sent a message to my friend saying: 'I'm not your friend anymore.'*

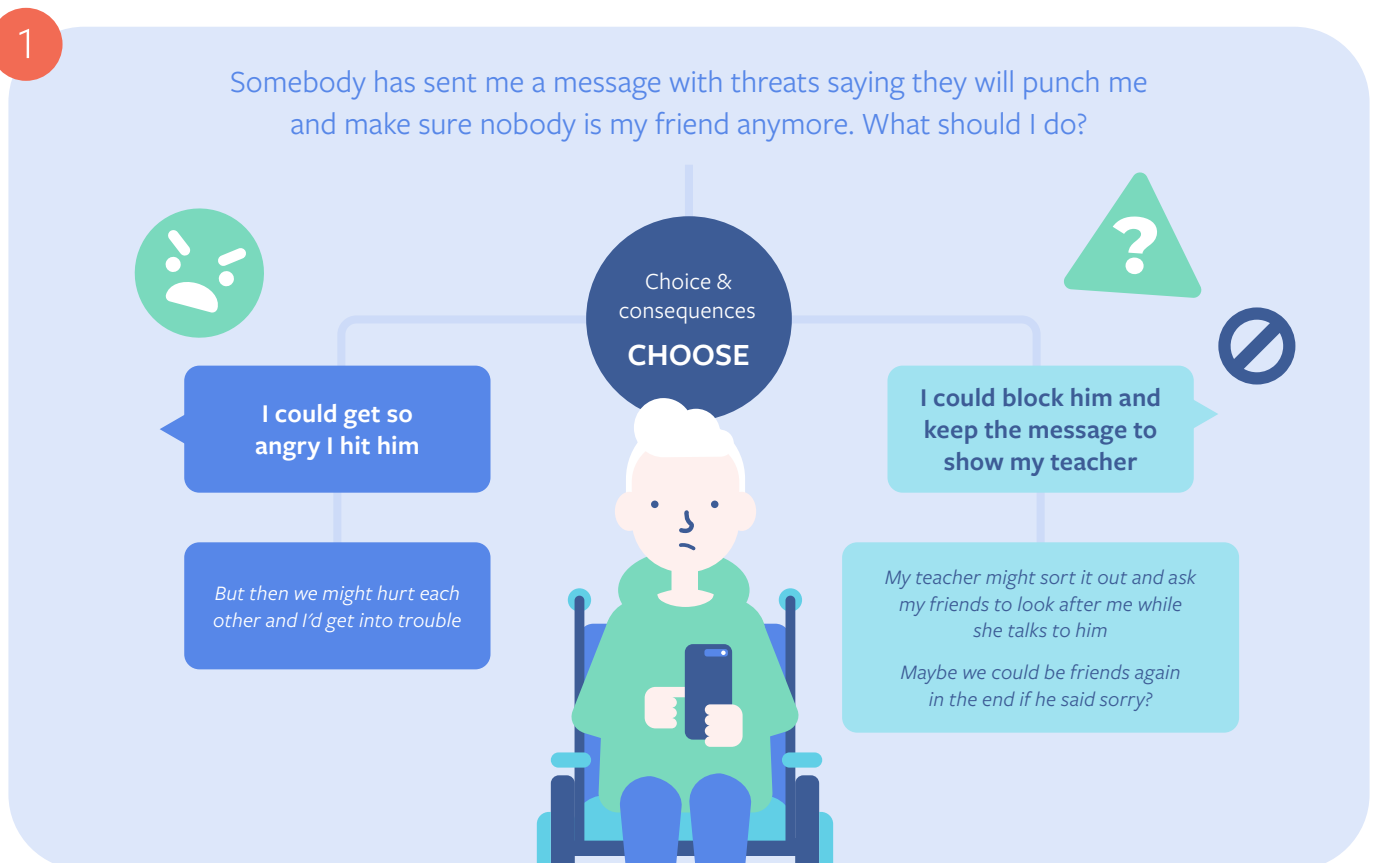
- What do you think you could do if this happened to you?
- Tell your friends it was not you and explain what happened
- Block the person who did this
- Take care when the app is open – do not leave your phone around unlocked
- Have a strong password and change it often

Some situations make you feel angry or sad and it is difficult to decide what to do.

You might want to map out what your choices are and what might happen if you take each choice before you decide. Here are three situations you can try out:

1

Somebody has sent me a message with threats saying they will punch me and make sure nobody is my friend anymore. What should I do?



**Choice & consequences**  
**CHOOSE**

**Choice 1:** I could get so angry I hit him

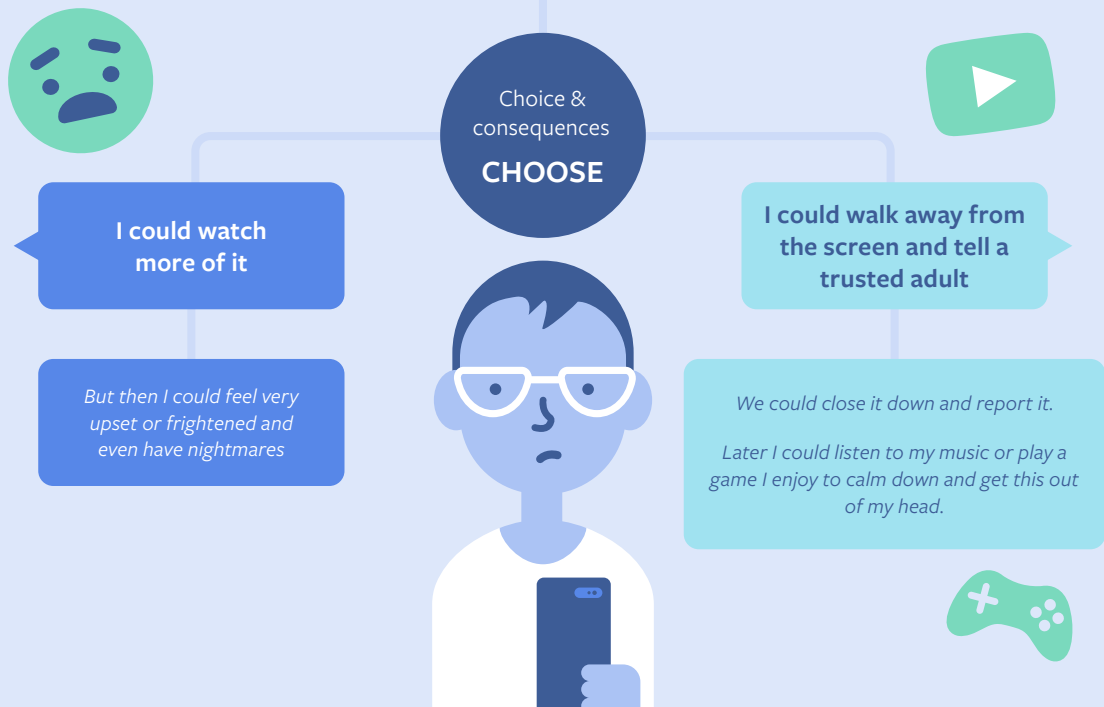
**Consequence:** But then we might hurt each other and I'd get into trouble

**Choice 2:** I could block him and keep the message to show my teacher

**Consequence:** My teacher might sort it out and ask my friends to look after me while she talks to him  
Maybe we could be friends again in the end if he said sorry?

2

I am online and I am watching a video. When it ends a new one starts and it seems frightening and violent. Someone is being cruel to an animal. It looked like a young person's video, but it is making me feel upset.



3

Someone is cyberbullying me. They send messages every day making fun of me or they take a photo of me in the playground and share it around making me look stupid. It is making my friends not want to be with me and I feel scared and stupid. I don't know what to do.

