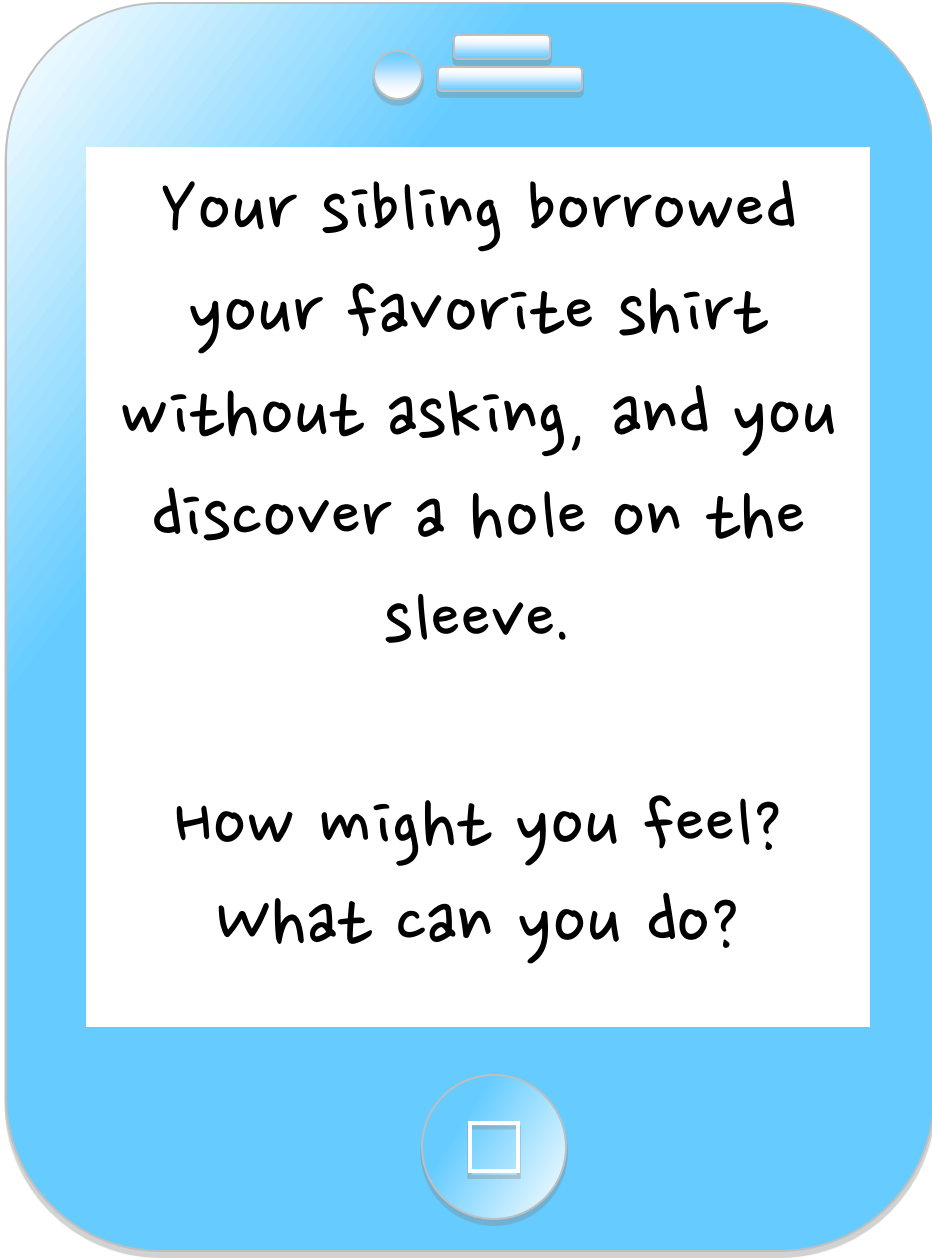
A pink smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

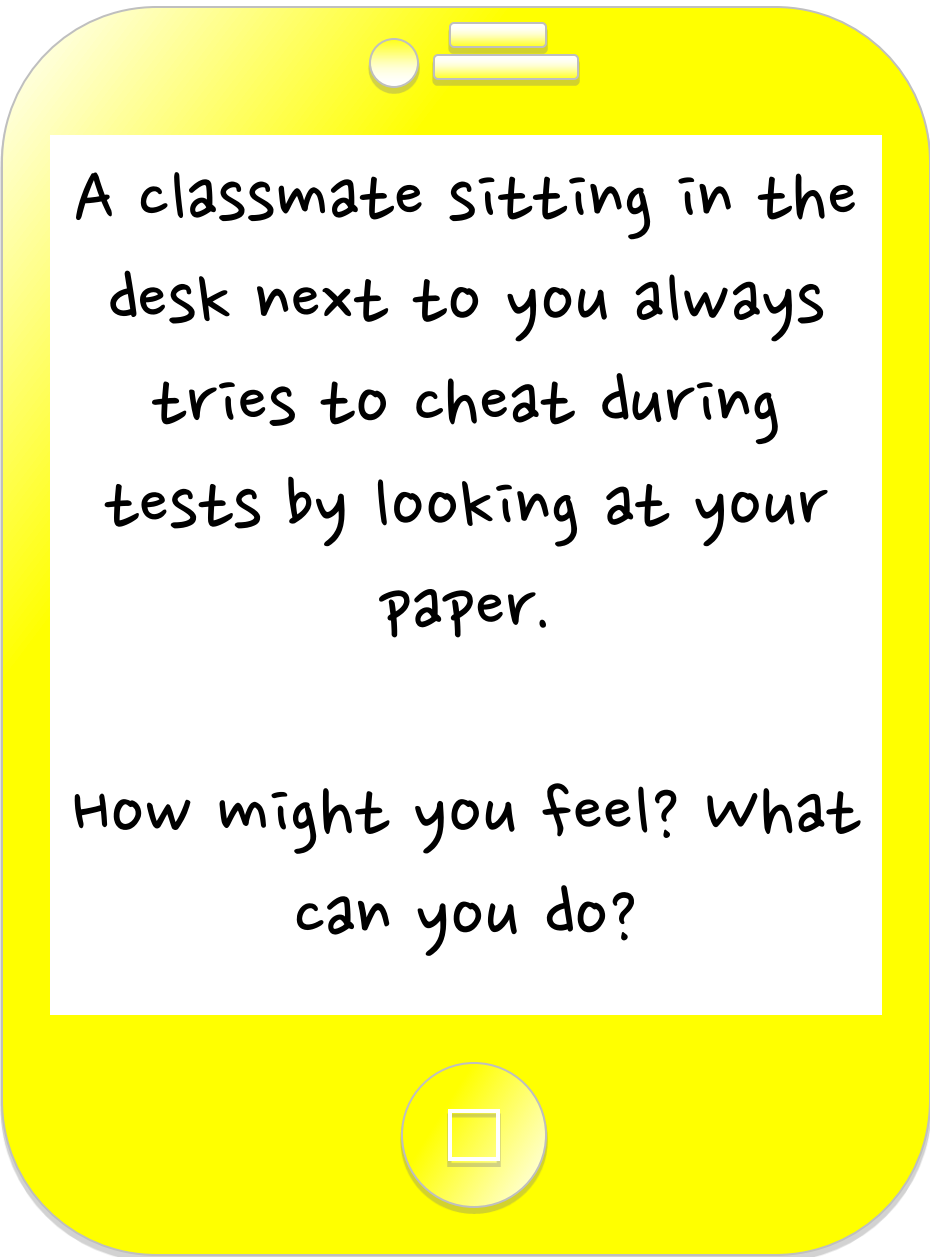
You find out that a
classmate is gossiping
about you behind your
back.

How might you feel?
What can you do?

A blue smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

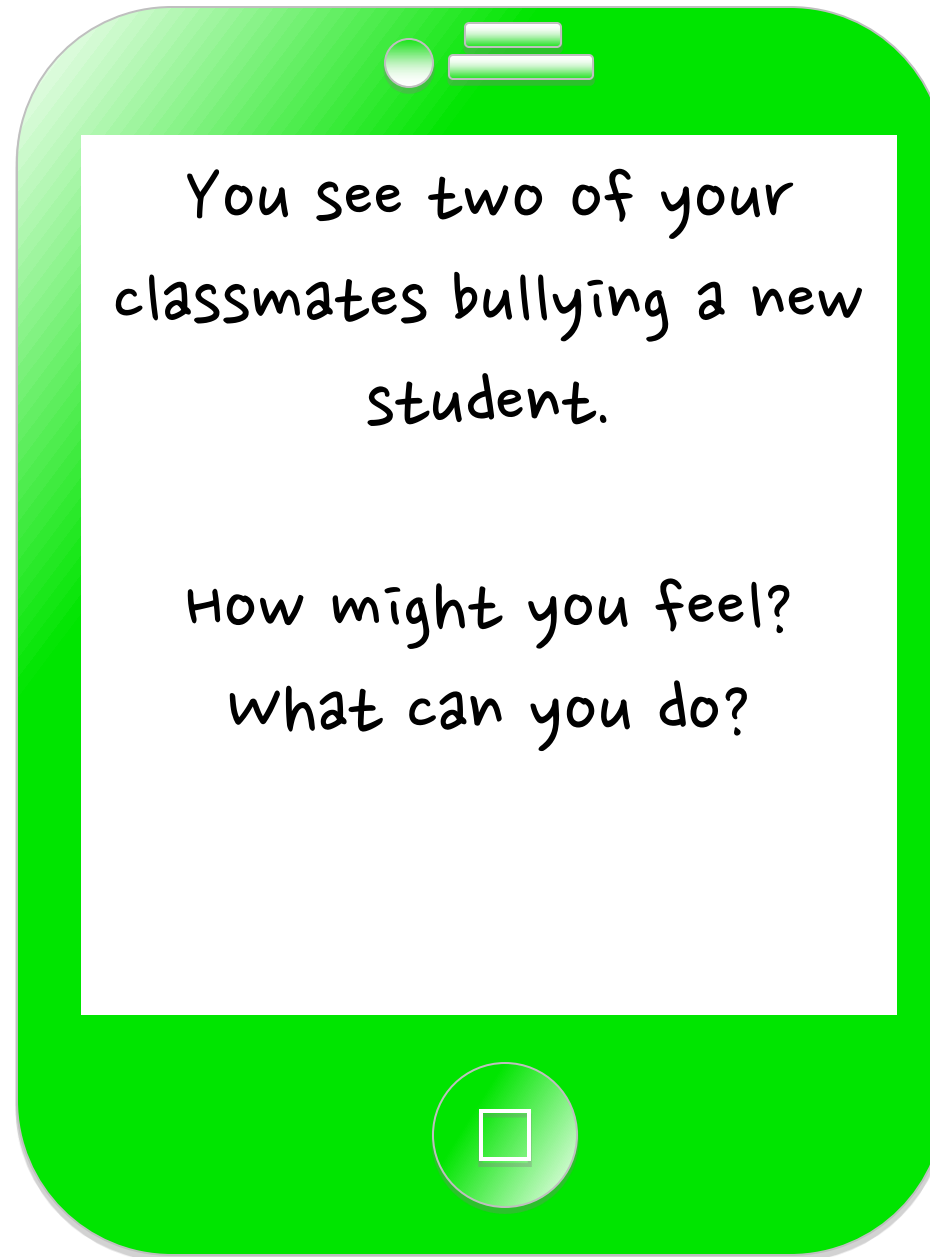
Your sibling borrowed
your favorite shirt
without asking, and you
discover a hole on the
sleeve.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square inside a white circle.

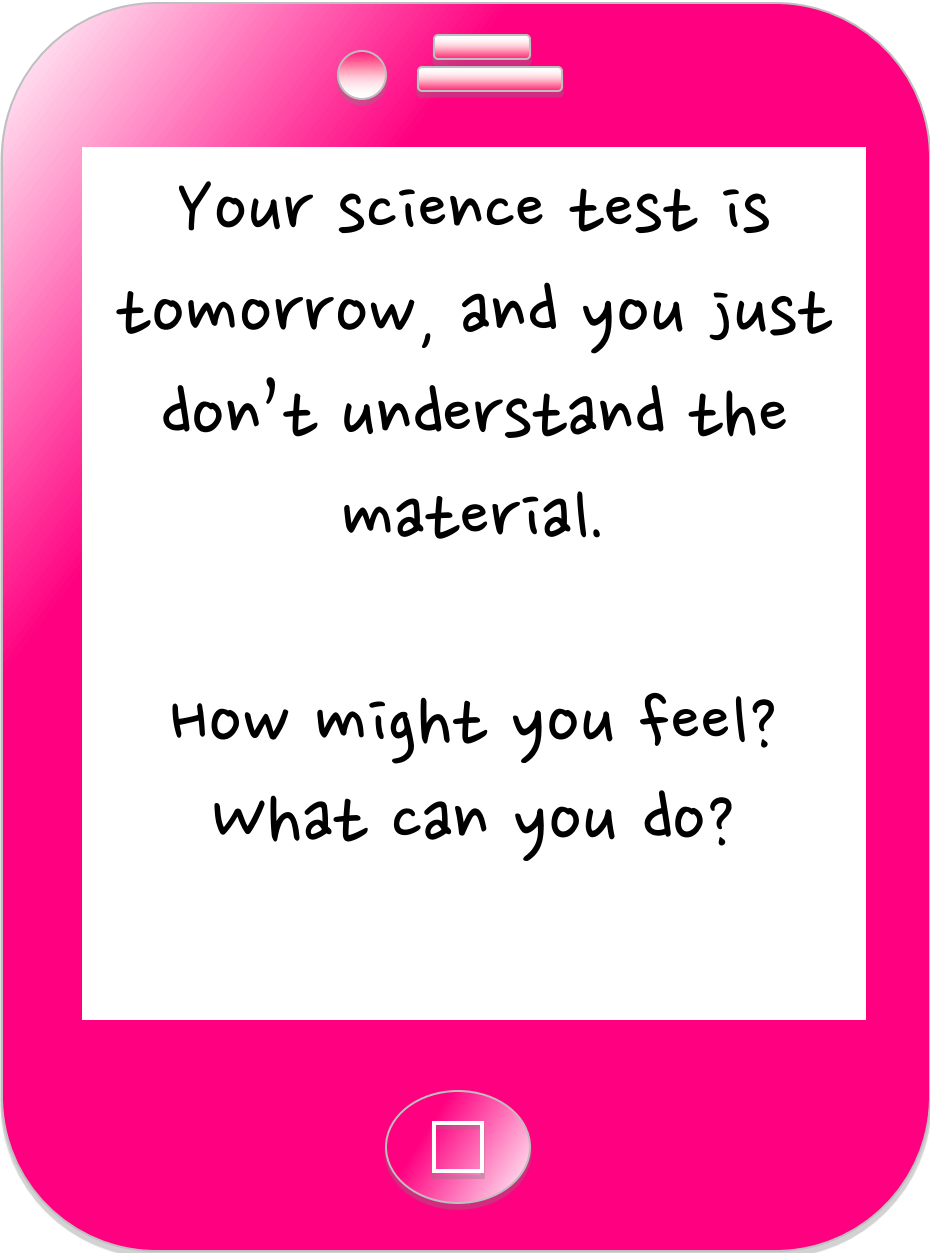
A classmate sitting in the desk next to you always tries to cheat during tests by looking at your paper.

How might you feel? What can you do?

A green smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square inside a white circle.

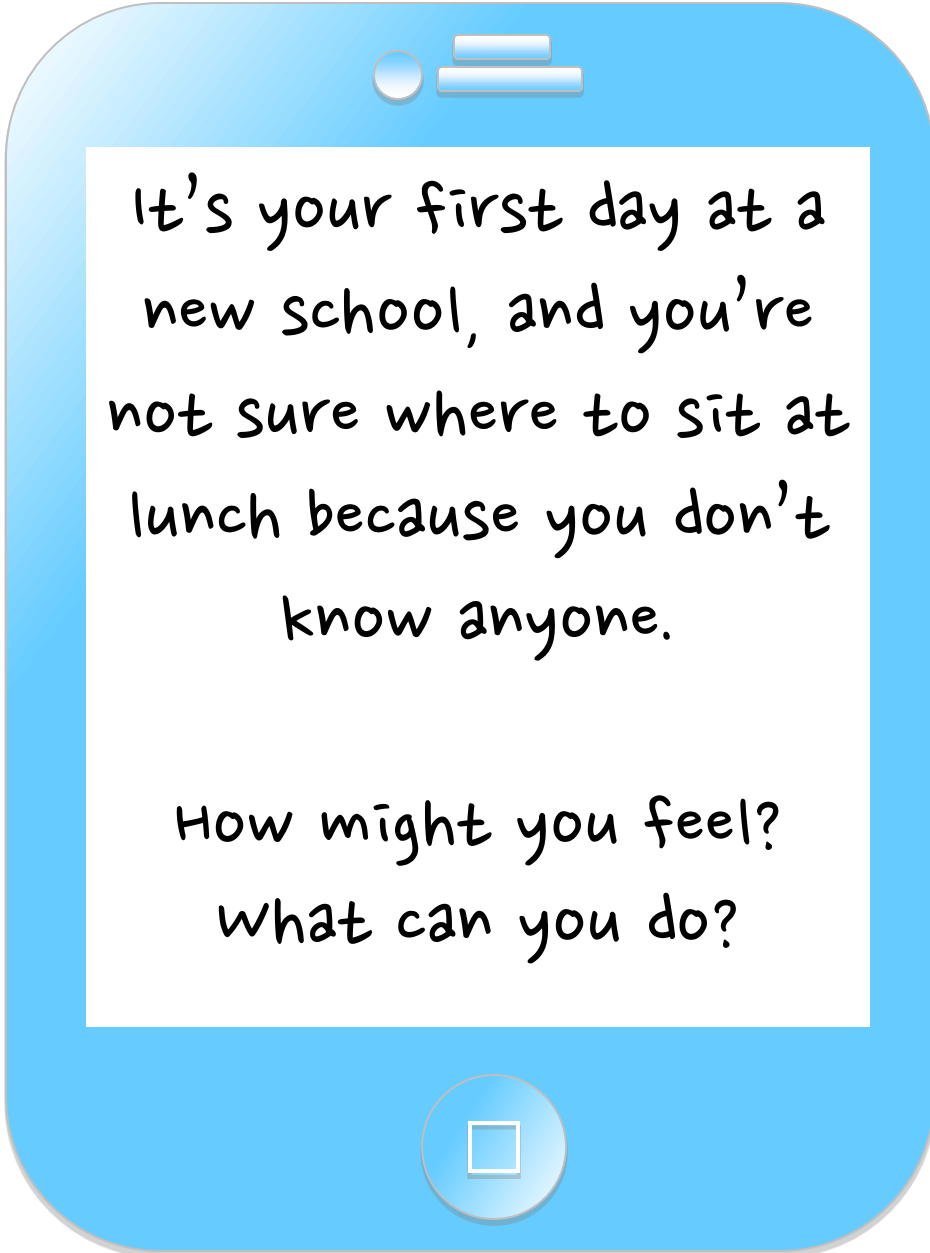
You see two of your classmates bullying a new student.

How might you feel?
What can you do?

A pink smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

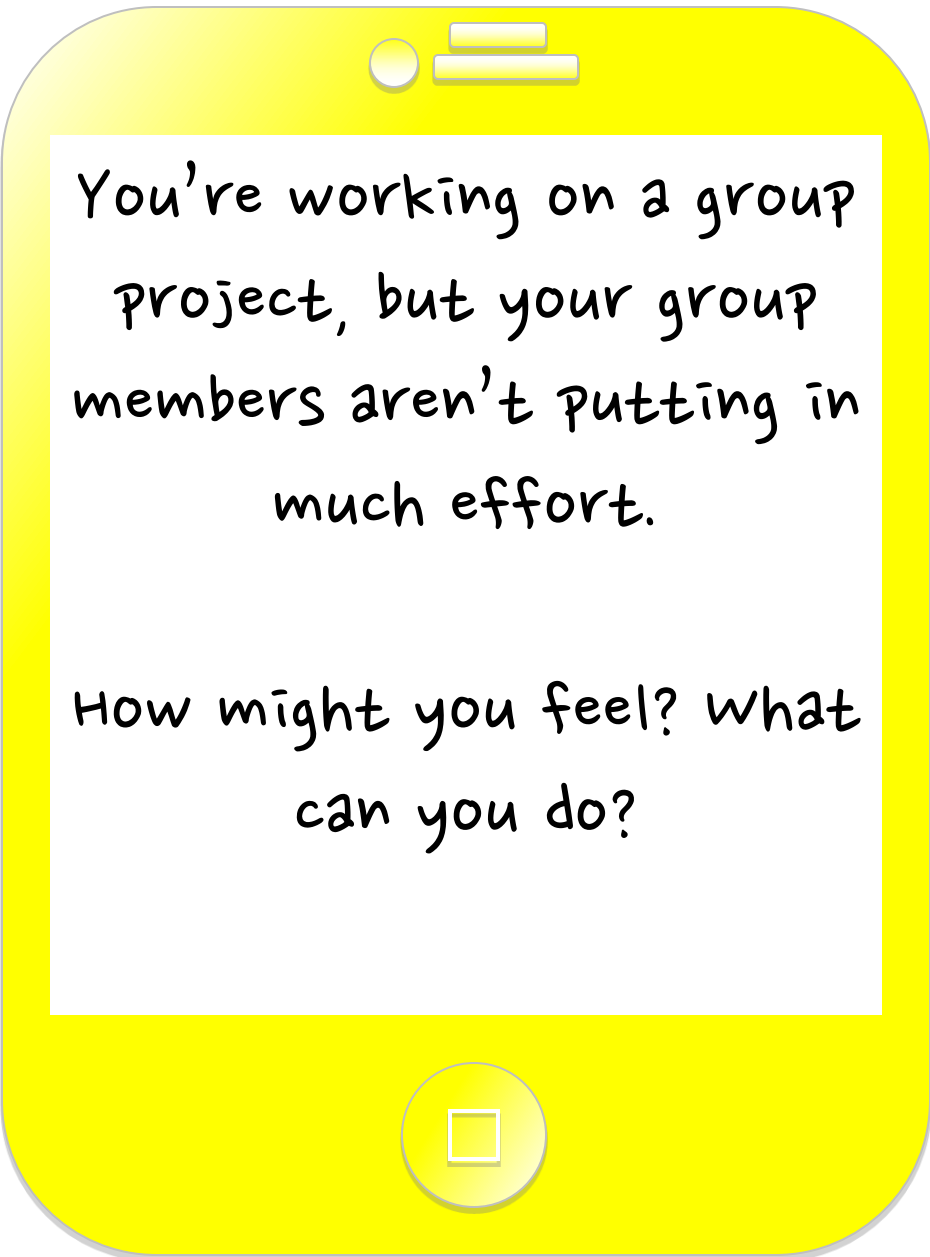
Your science test is tomorrow, and you just don't understand the material.

How might you feel?
What can you do?

A blue smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

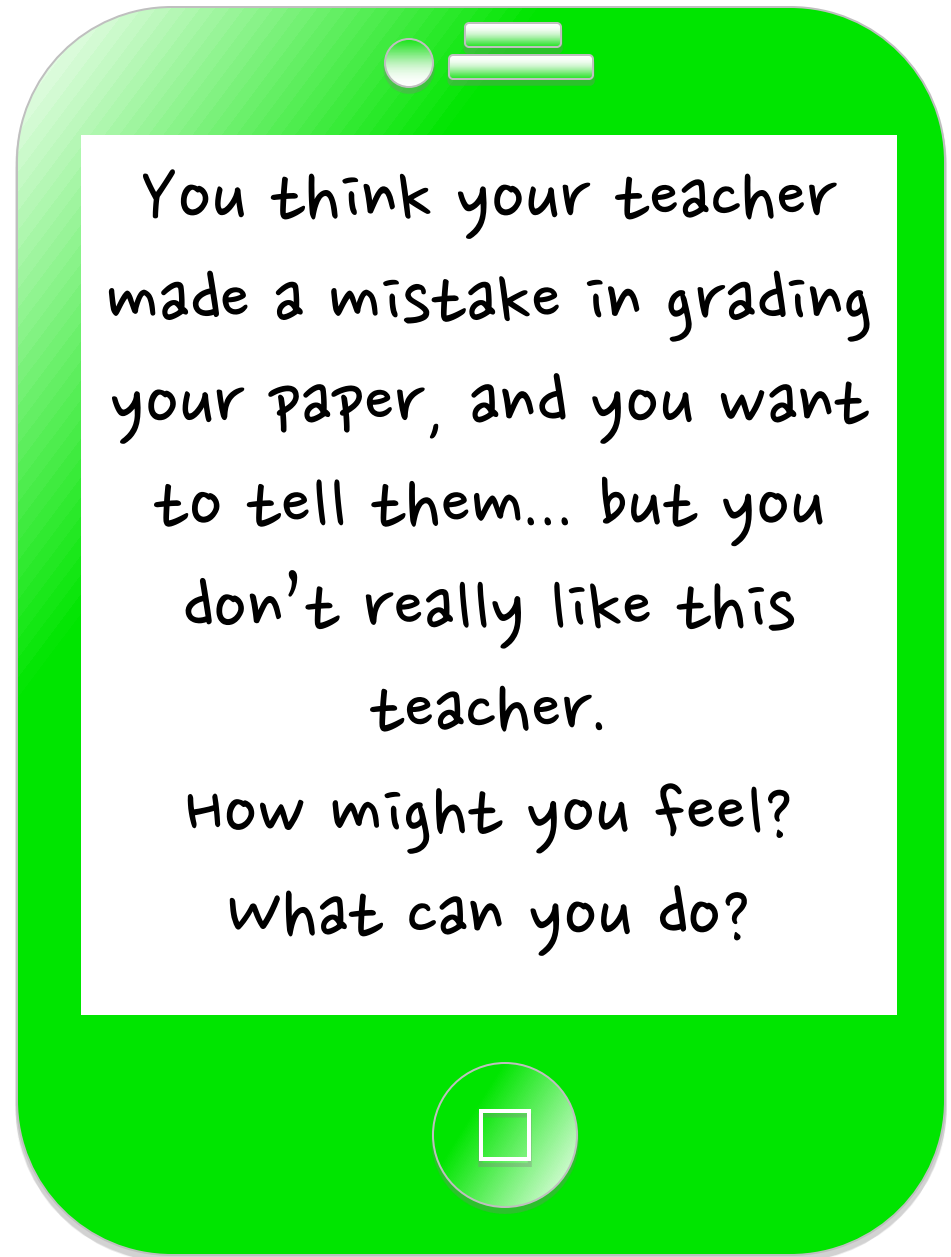
It's your first day at a new school, and you're not sure where to sit at lunch because you don't know anyone.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The text is written in a black, handwritten font on the white screen.

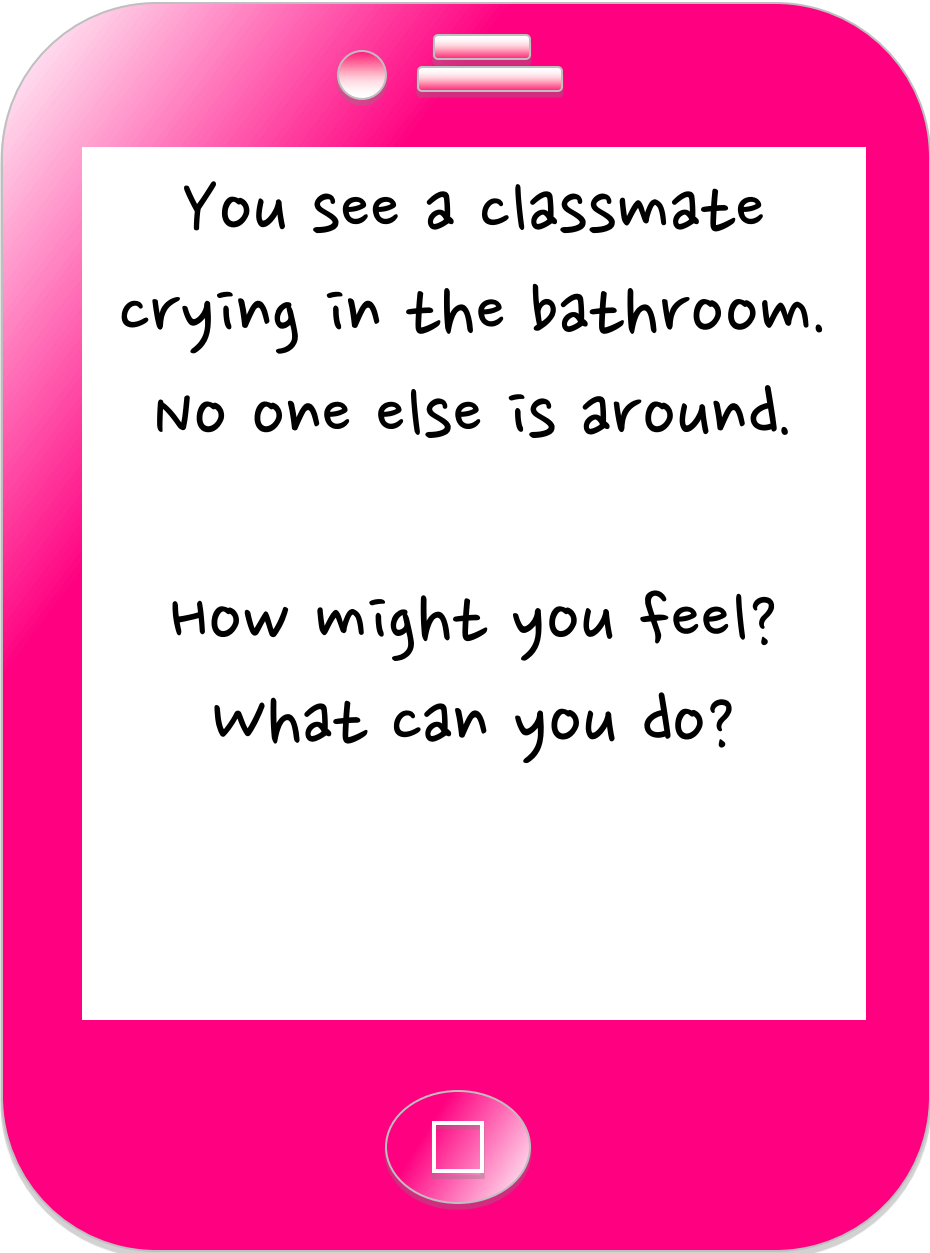
You're working on a group project, but your group members aren't putting in much effort.

How might you feel? What can you do?

A green smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The text is written in a black, handwritten font on the white screen.


You think your teacher made a mistake in grading your paper, and you want to tell them... but you don't really like this teacher.

How might you feel? What can you do?

A pink smartphone icon with a white screen. At the top, there is a small circle and a horizontal bar. At the bottom, there is a square button inside a circle.

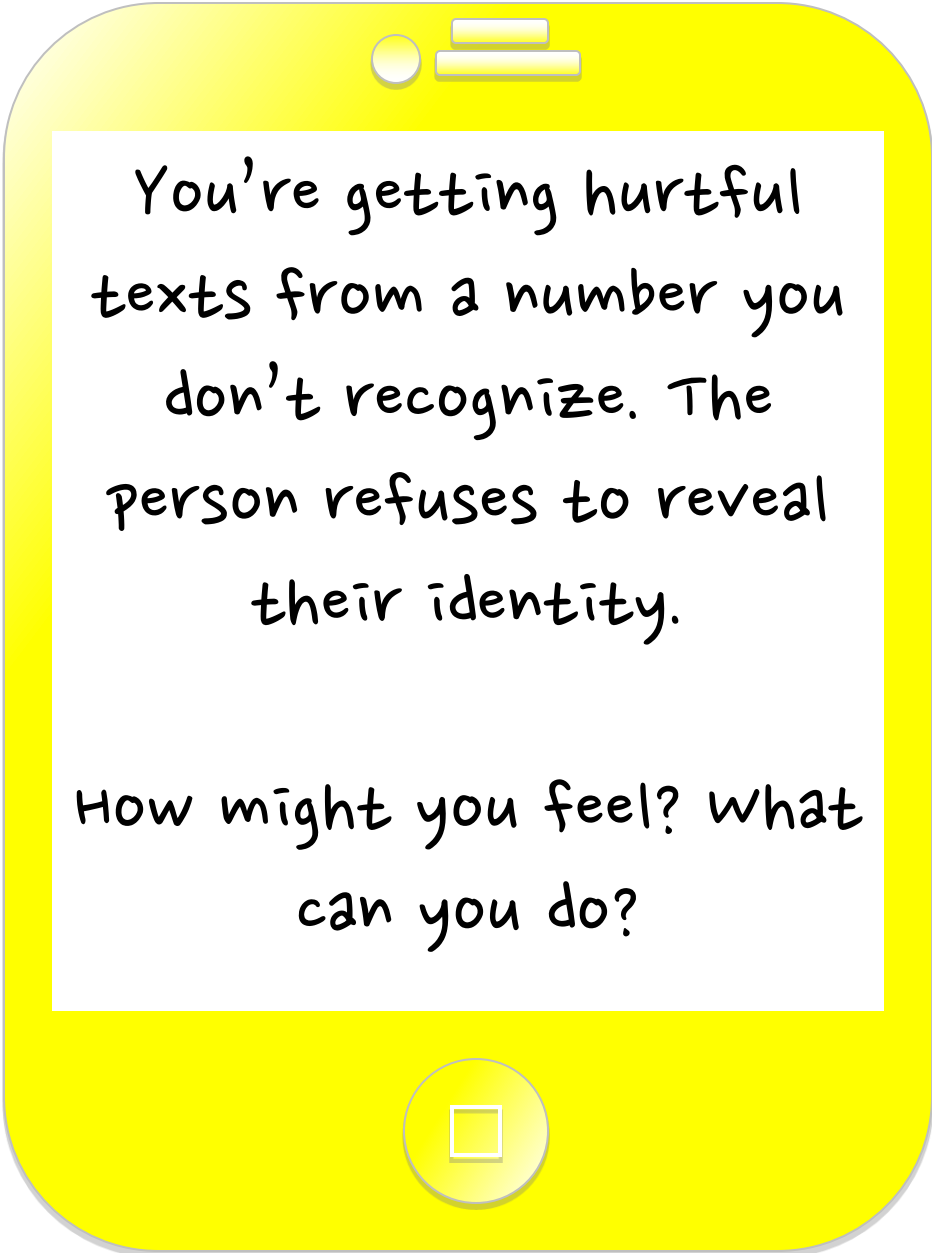
You see a classmate
crying in the bathroom.
No one else is around.

How might you feel?
What can you do?

A blue smartphone icon with a white screen. At the top, there is a small circle and a horizontal bar. At the bottom, there is a square button inside a circle.

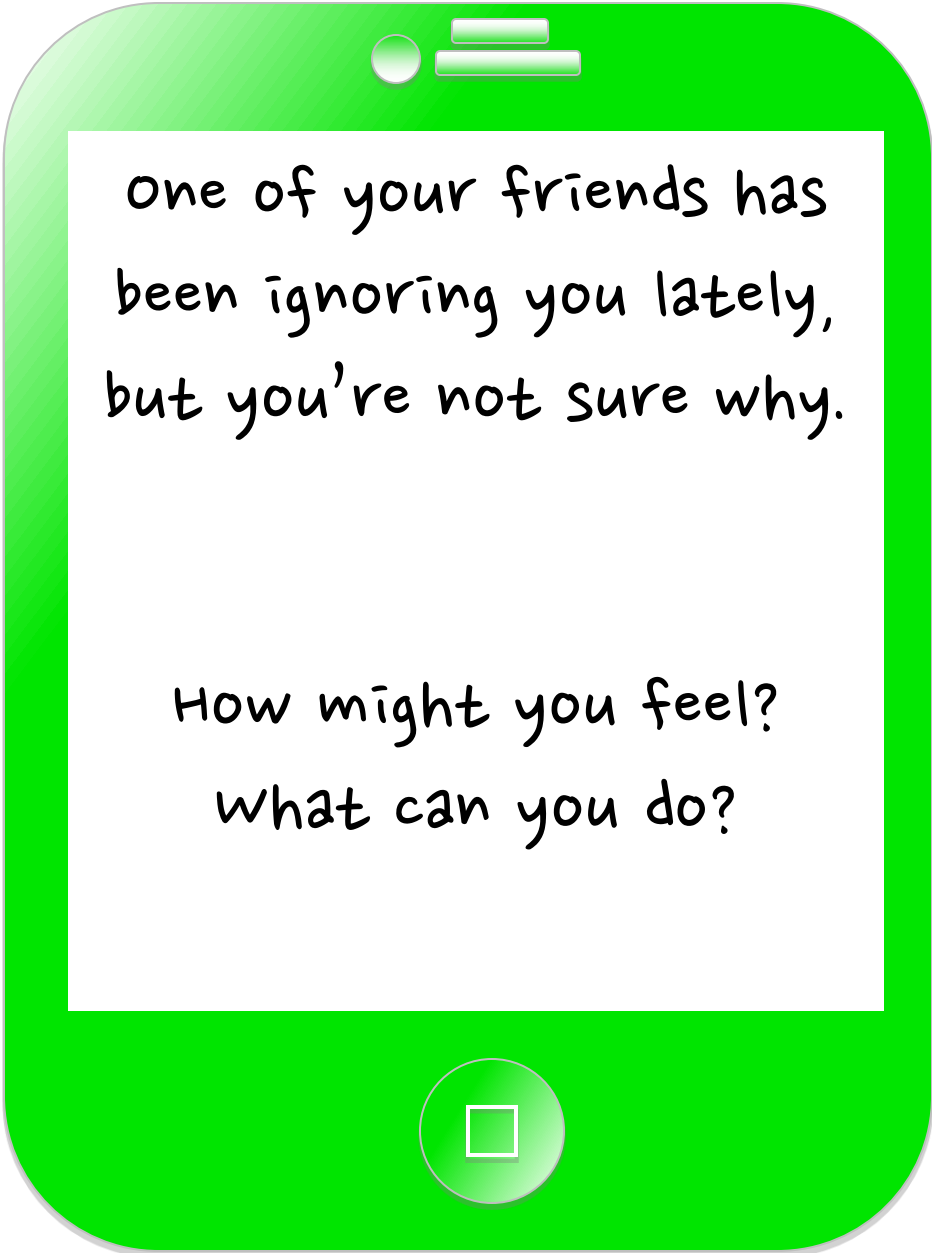
Your friend keeps
posting pictures on
Instagram that include
you. You don't like the
way you look in the
pictures.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The screen contains the following text:

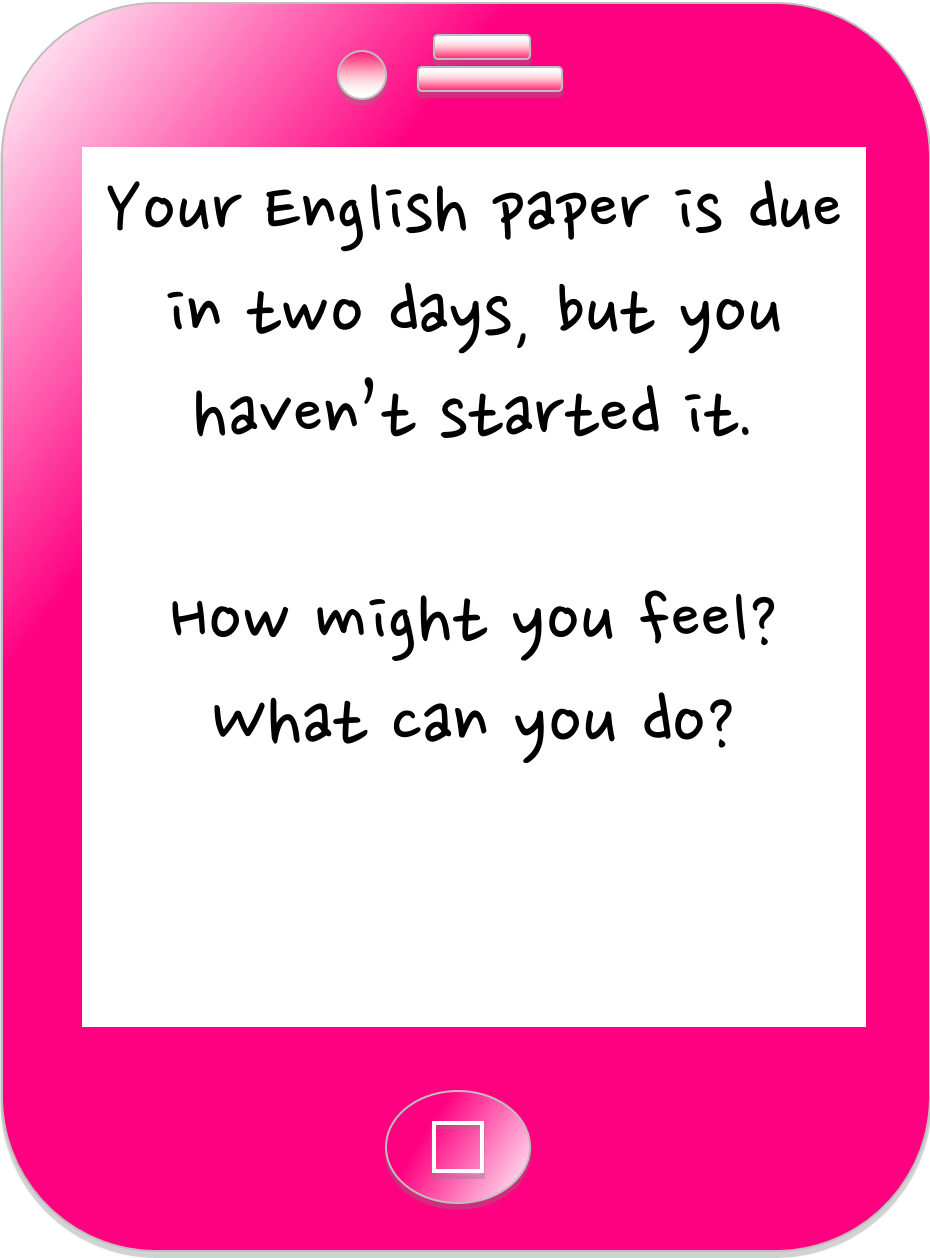
You're getting hurtful
texts from a number you
don't recognize. The
person refuses to reveal
their identity.

How might you feel? What
can you do?

A green smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The screen contains the following text:

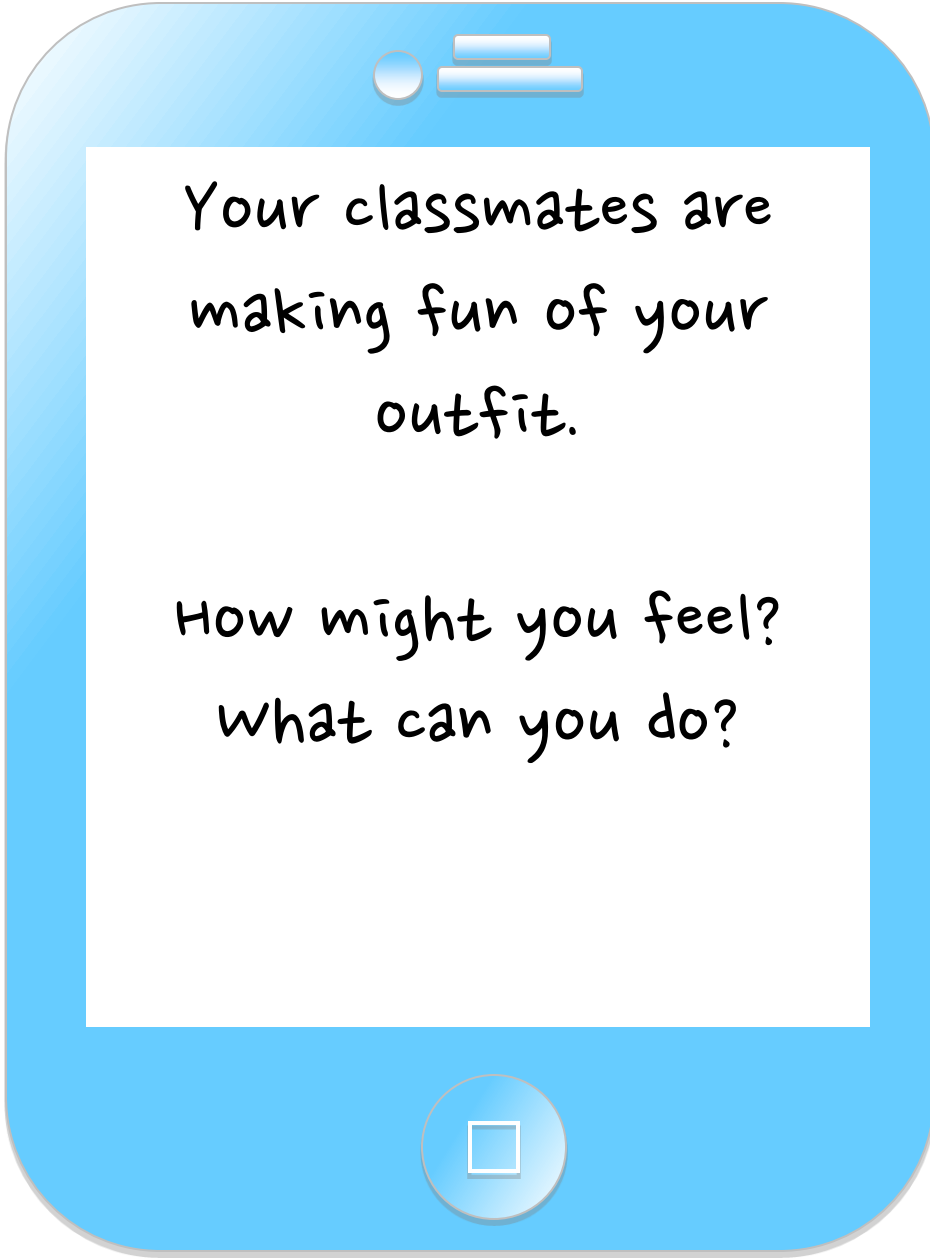
one of your friends has
been ignoring you lately,
but you're not sure why.

How might you feel?
What can you do?

A pink smartphone frame with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside.

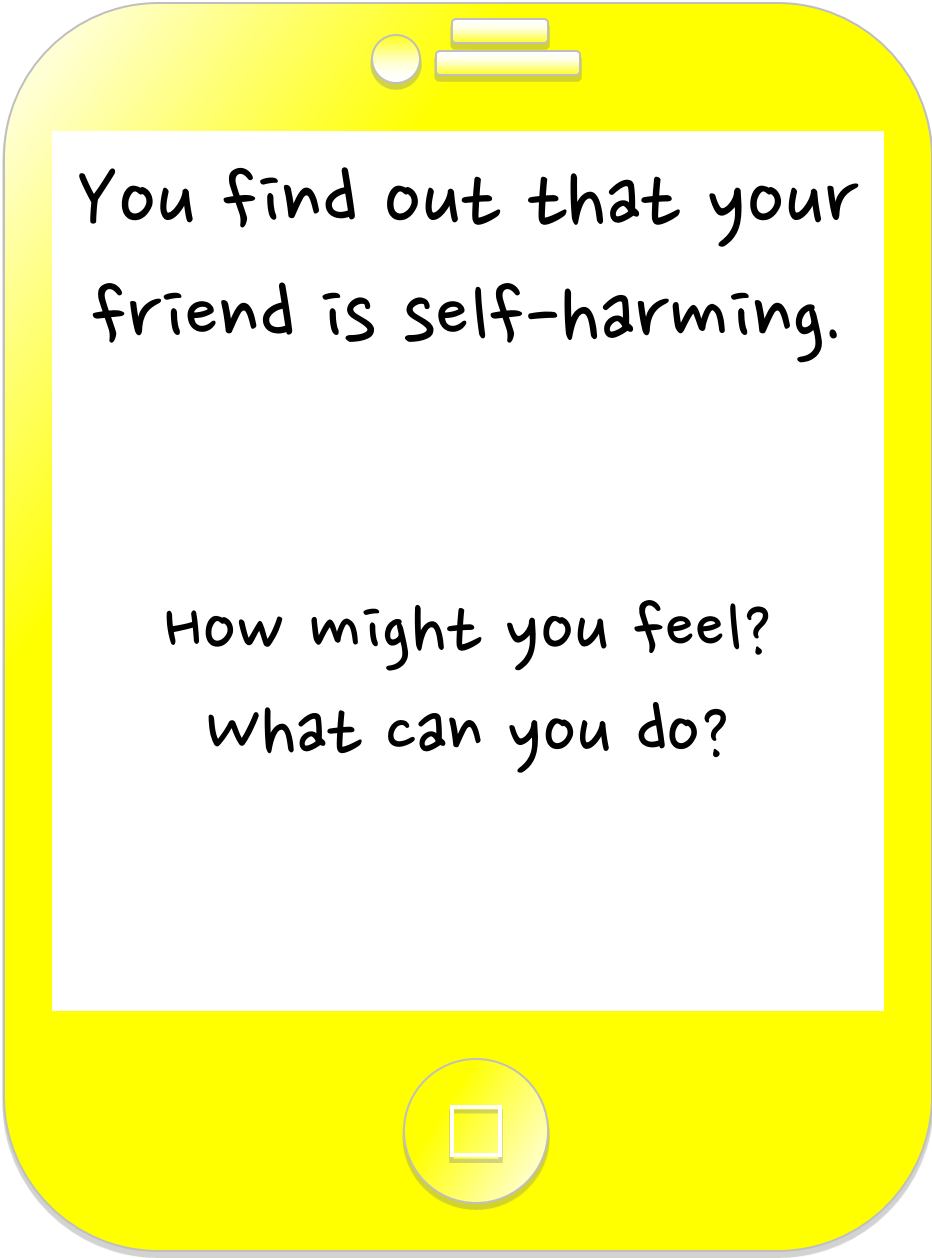
Your English paper is due
in two days, but you
haven't started it.

How might you feel?
What can you do?

A blue smartphone frame with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside.

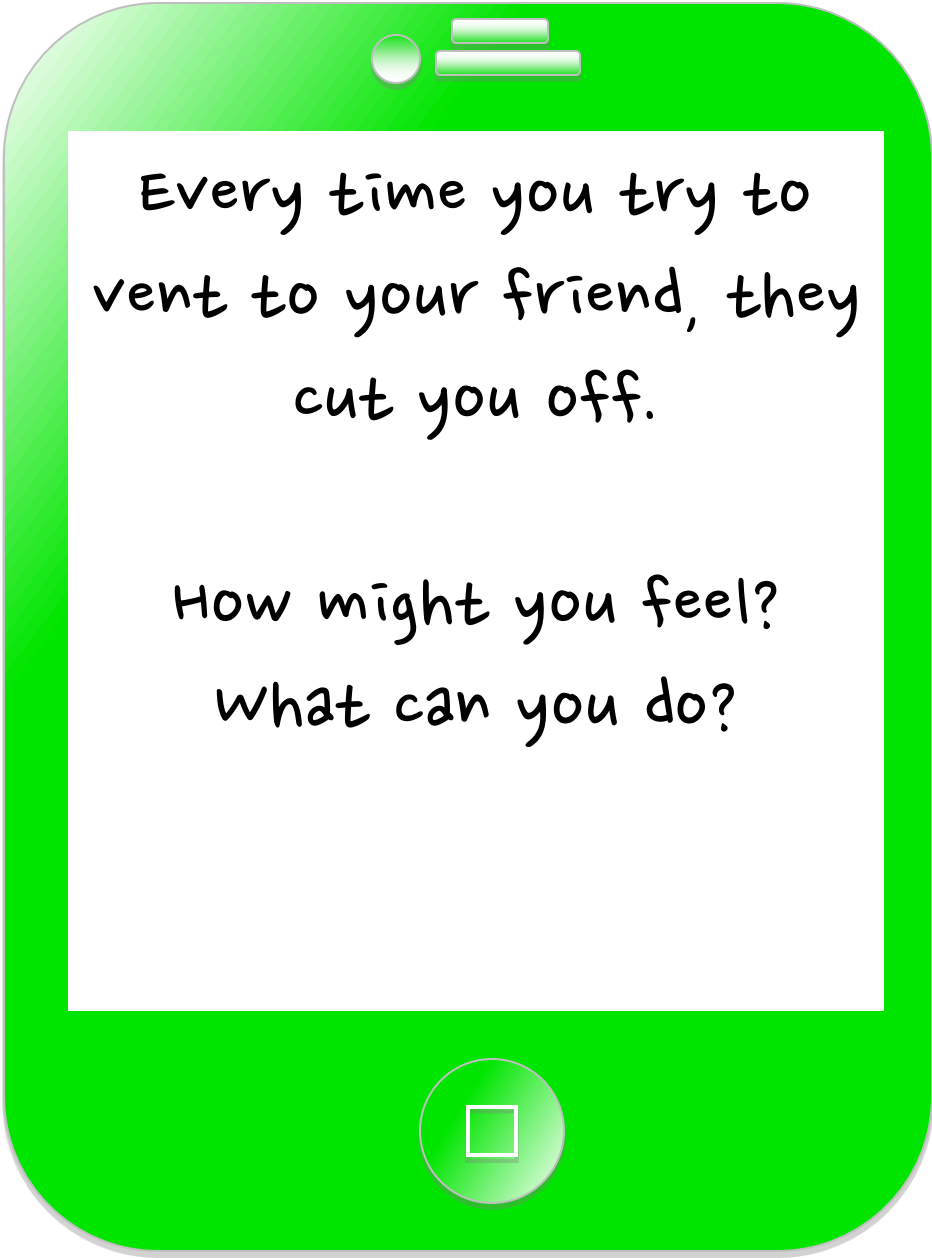
Your classmates are
making fun of your
outfit.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square inside a white circle.

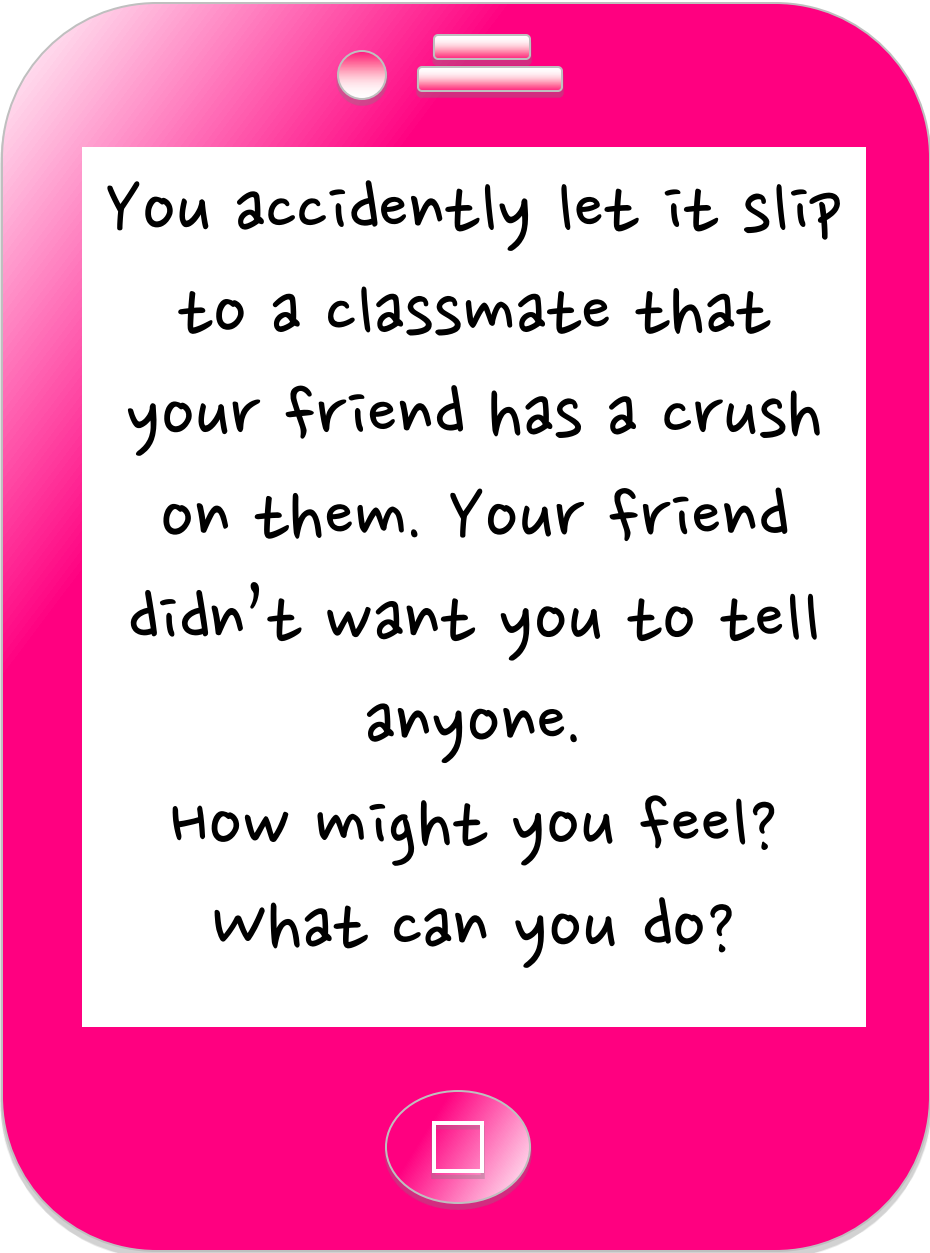
You find out that your
friend is self-harming.

How might you feel?
what can you do?

A green smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square inside a white circle.

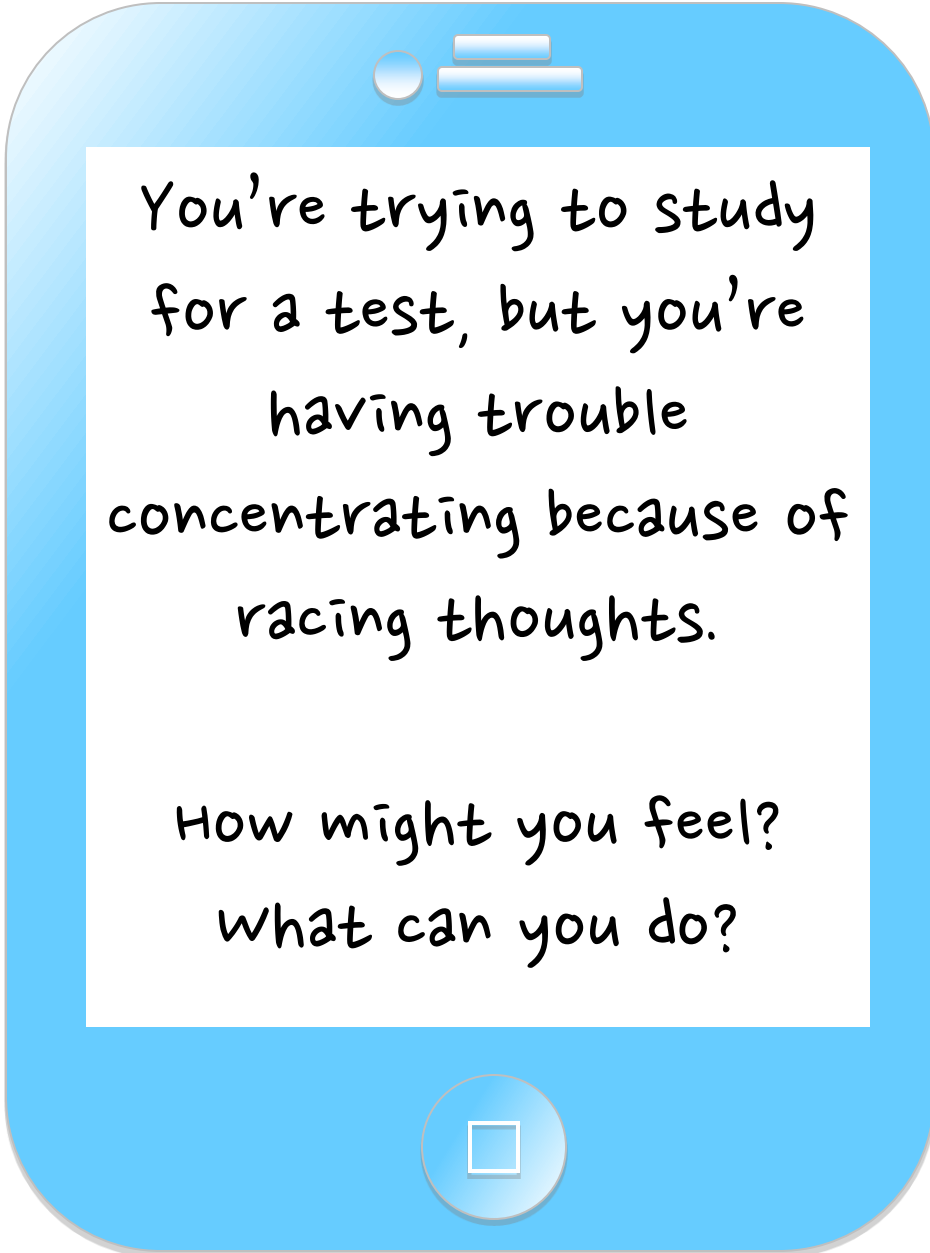
Every time you try to
vent to your friend, they
cut you off.

How might you feel?
what can you do?

A pink smartphone graphic with a white screen. At the top, there is a camera lens and a flash. At the bottom, there is a home button with a square icon.

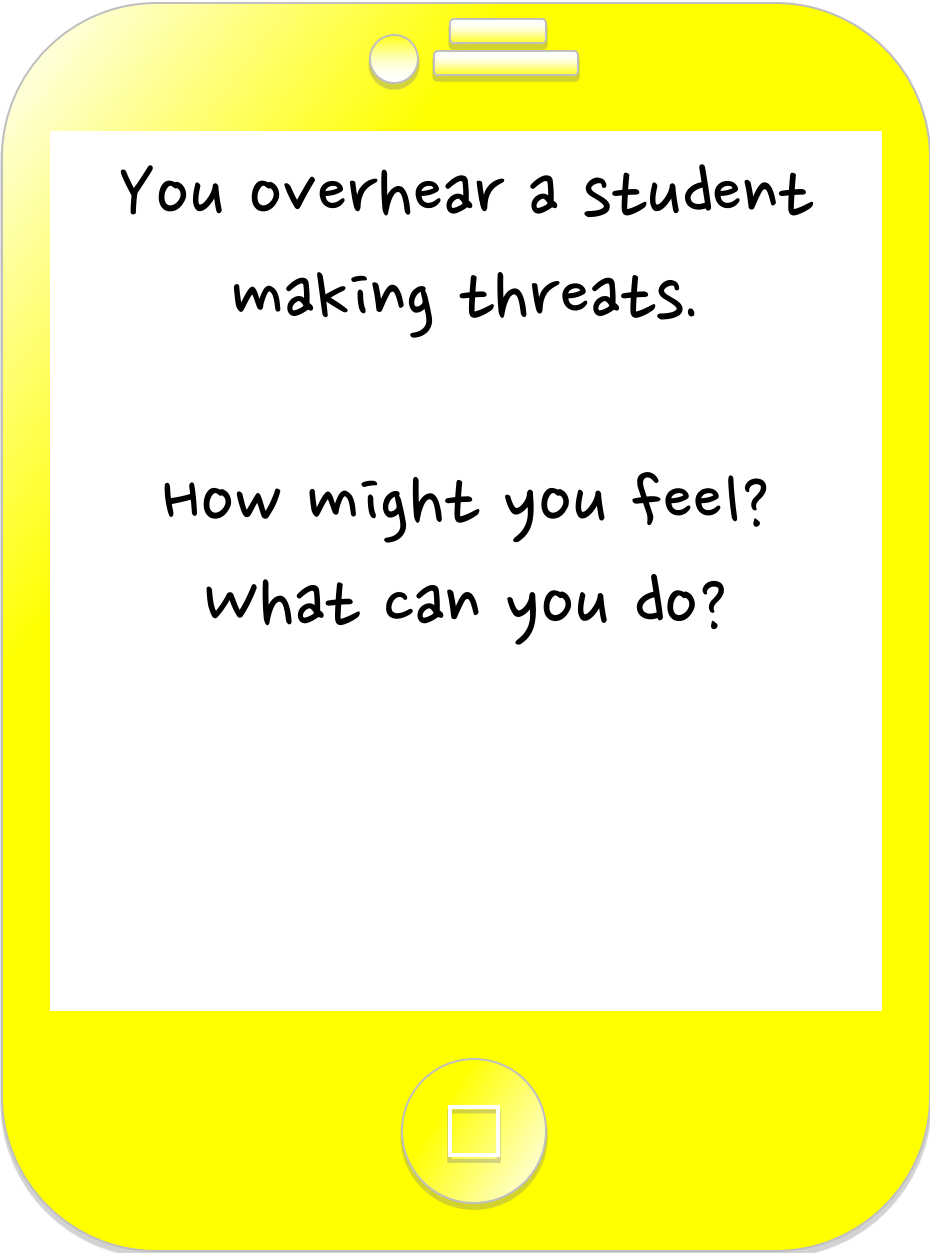
You accidentally let it slip
to a classmate that
your friend has a crush
on them. Your friend
didn't want you to tell
anyone.

How might you feel?
What can you do?

A blue smartphone graphic with a white screen. At the top, there is a camera lens and a flash. At the bottom, there is a home button with a square icon.


You're trying to study
for a test, but you're
having trouble
concentrating because of
racing thoughts.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The screen contains two paragraphs of text.

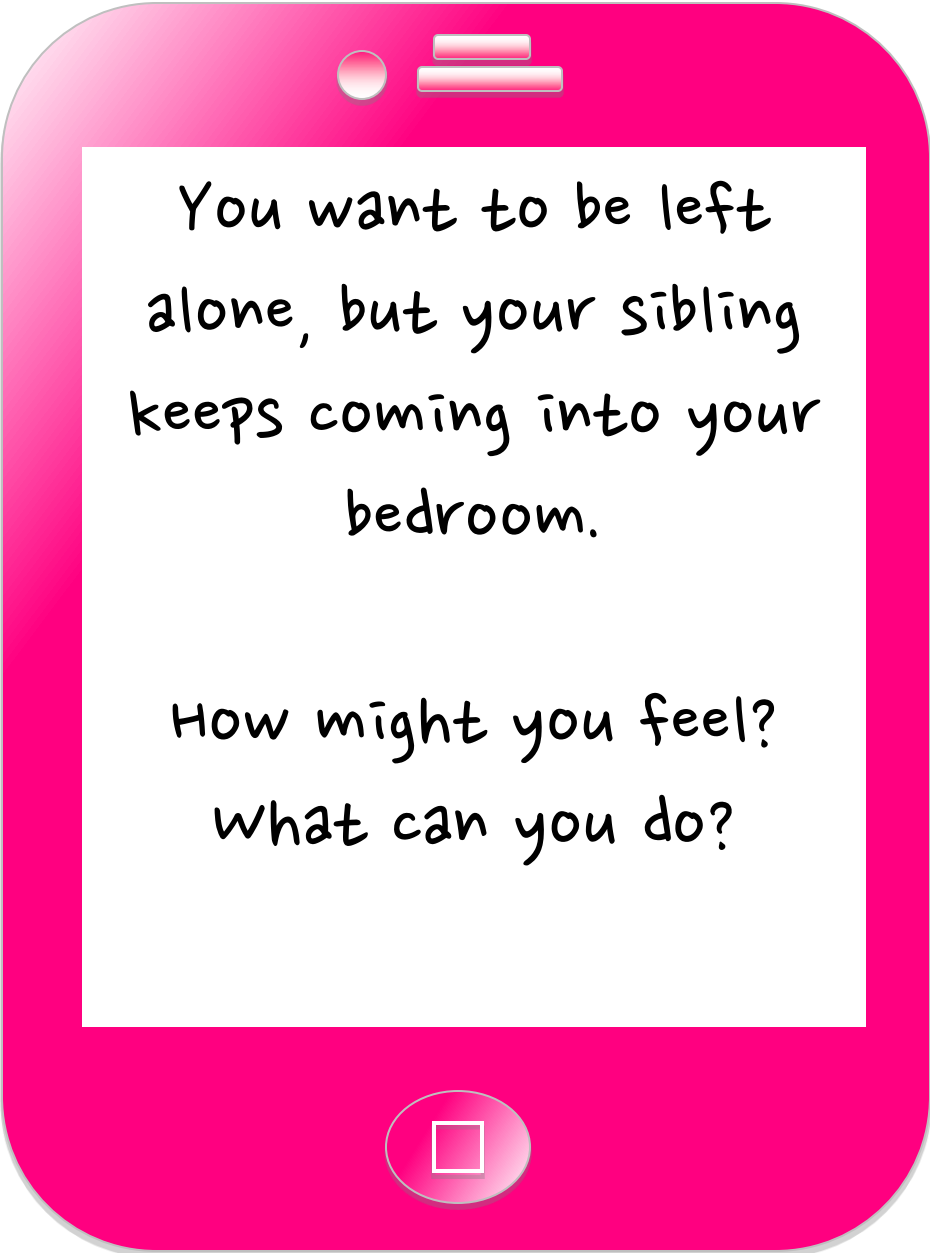
You overhear a student
making threats.

How might you feel?
What can you do?

A green smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The screen contains two paragraphs of text.

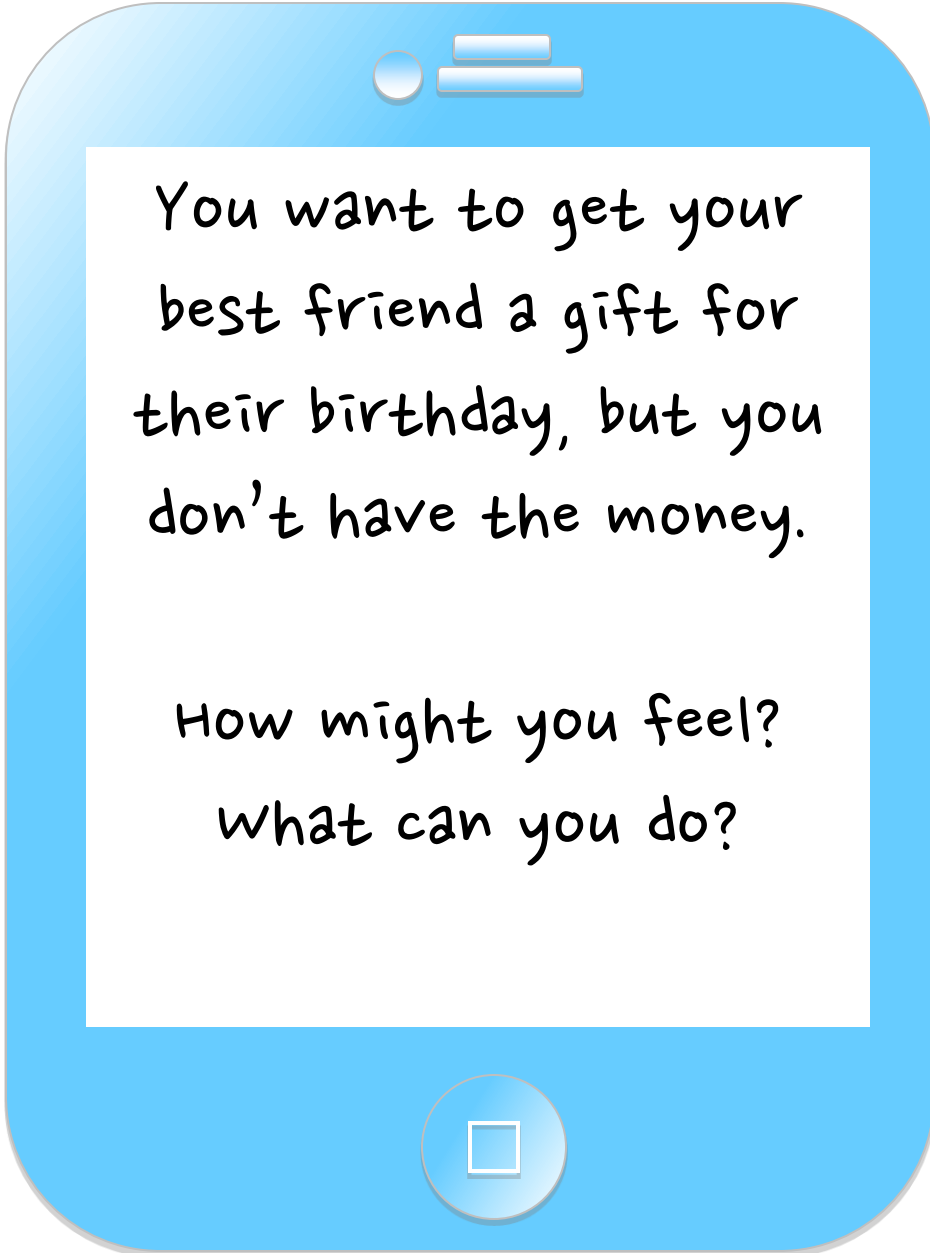
You're at the mall with
your friend, but they
ditch you for their
boyfriend/girlfriend.

How might you feel?
What can you do?

A pink smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

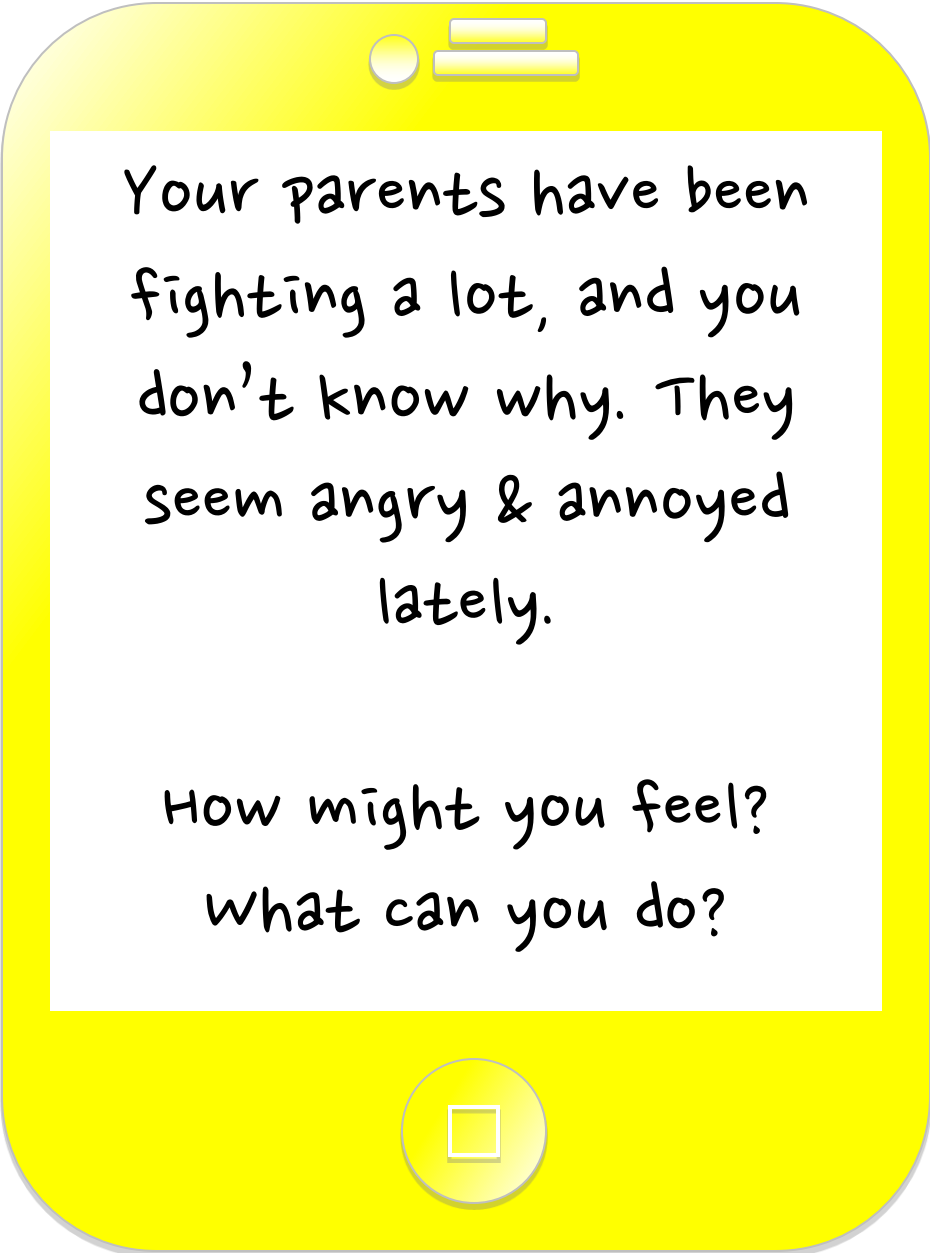
You want to be left alone, but your sibling keeps coming into your bedroom.

How might you feel?
What can you do?

A blue smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

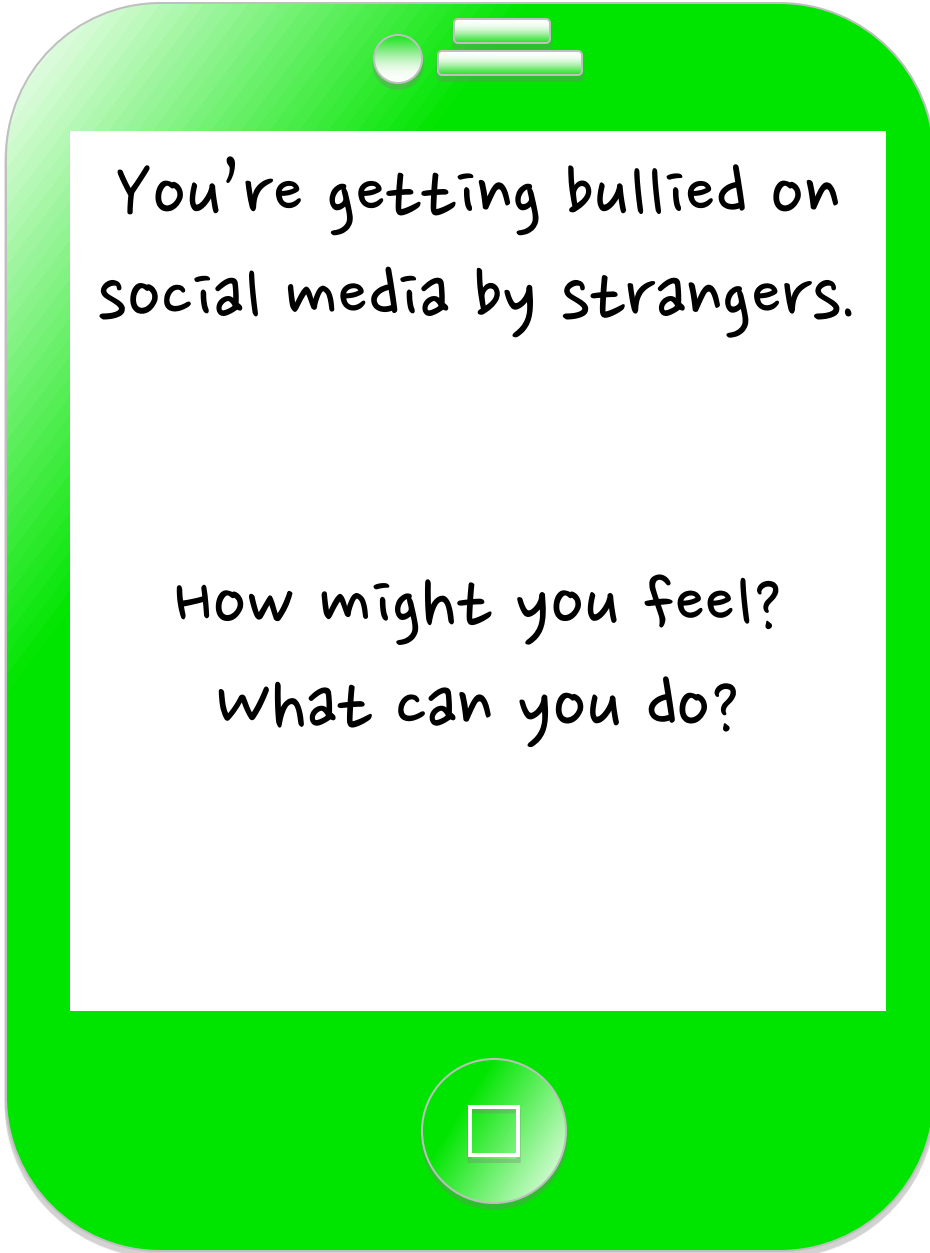
You want to get your best friend a gift for their birthday, but you don't have the money.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square inside a white circle.

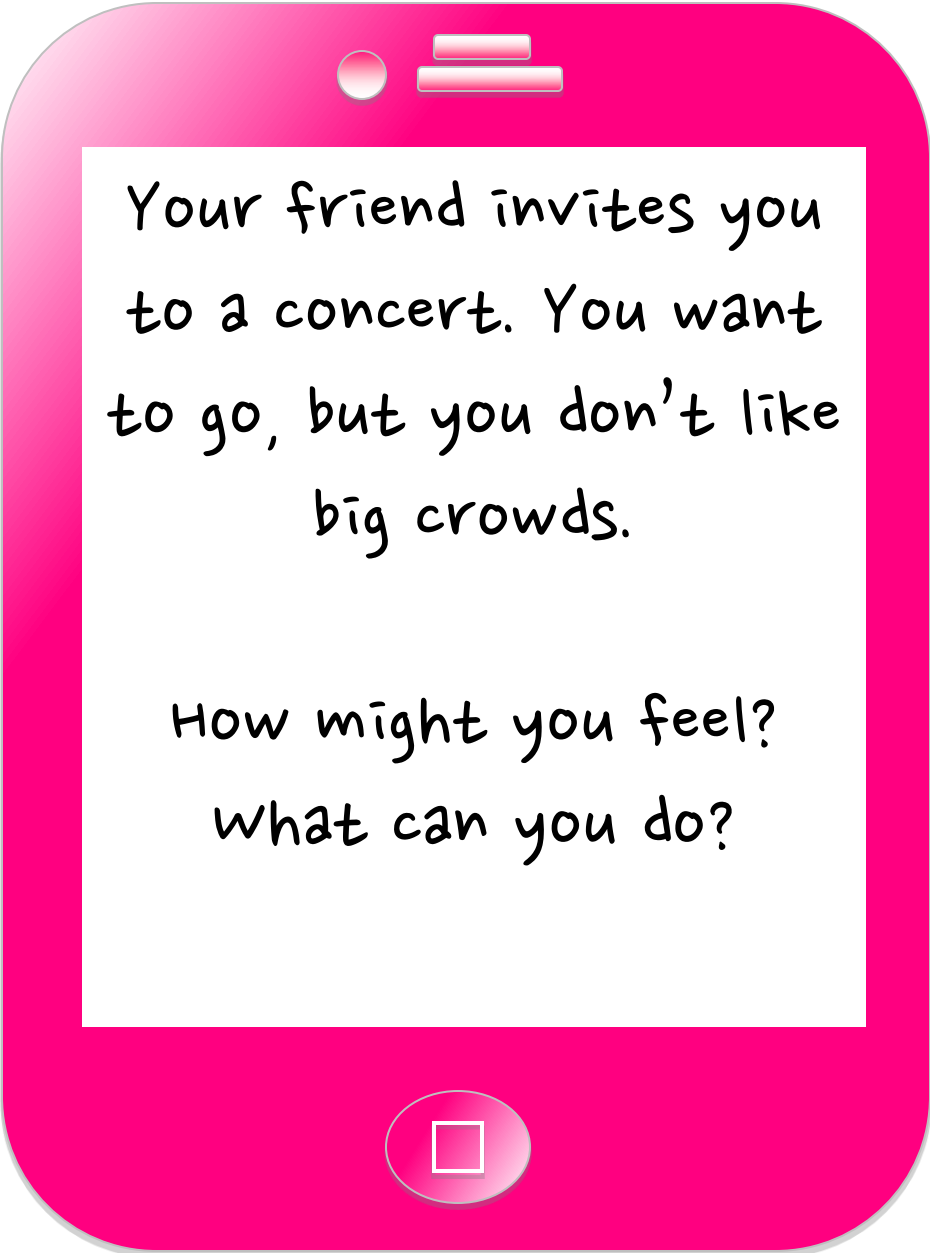
Your parents have been fighting a lot, and you don't know why. They seem angry & annoyed lately.

How might you feel?
What can you do?

A green smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square inside a white circle.

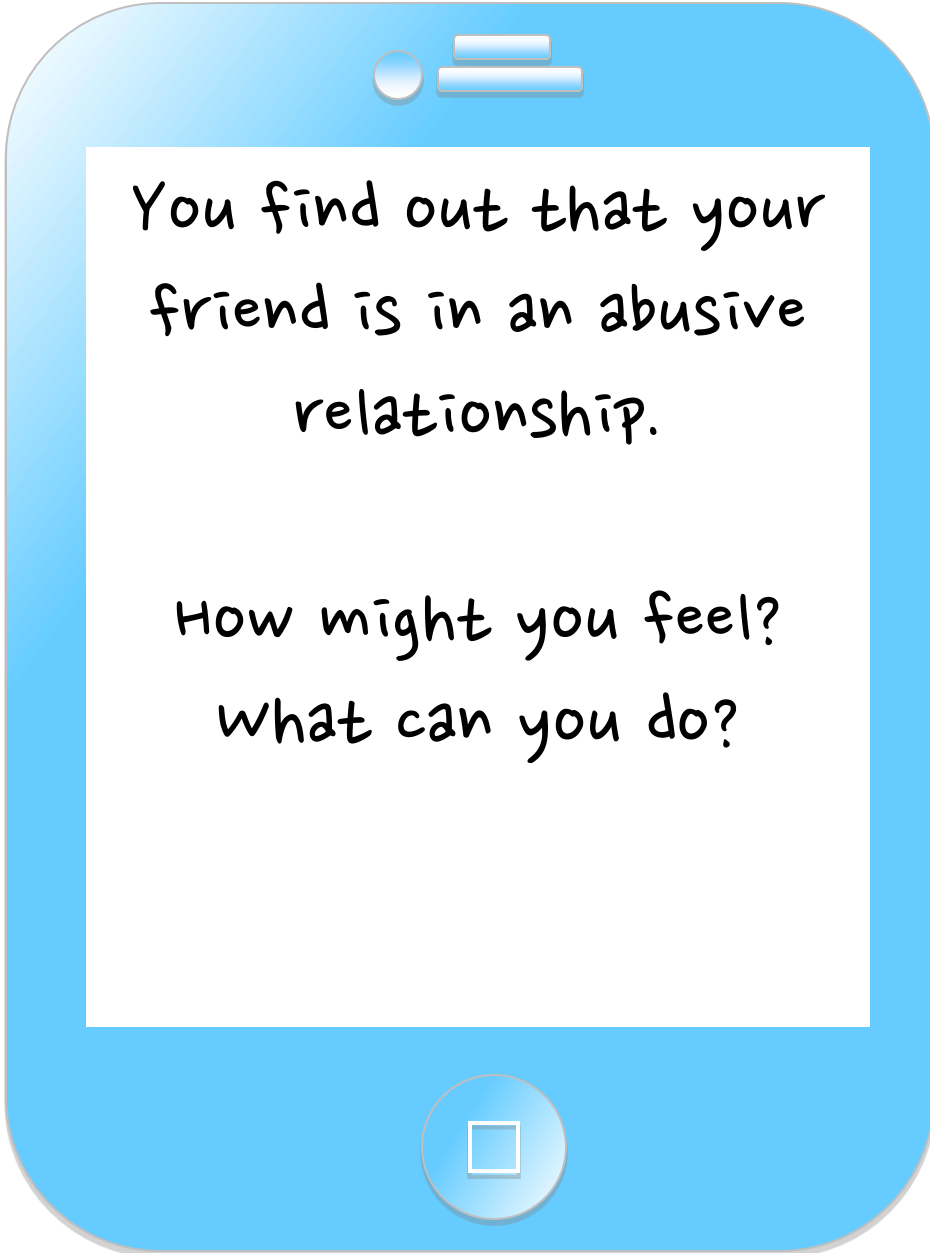
You're getting bullied on social media by strangers.

How might you feel?
What can you do?

A pink smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing the earpiece. At the bottom, there is a square home button.

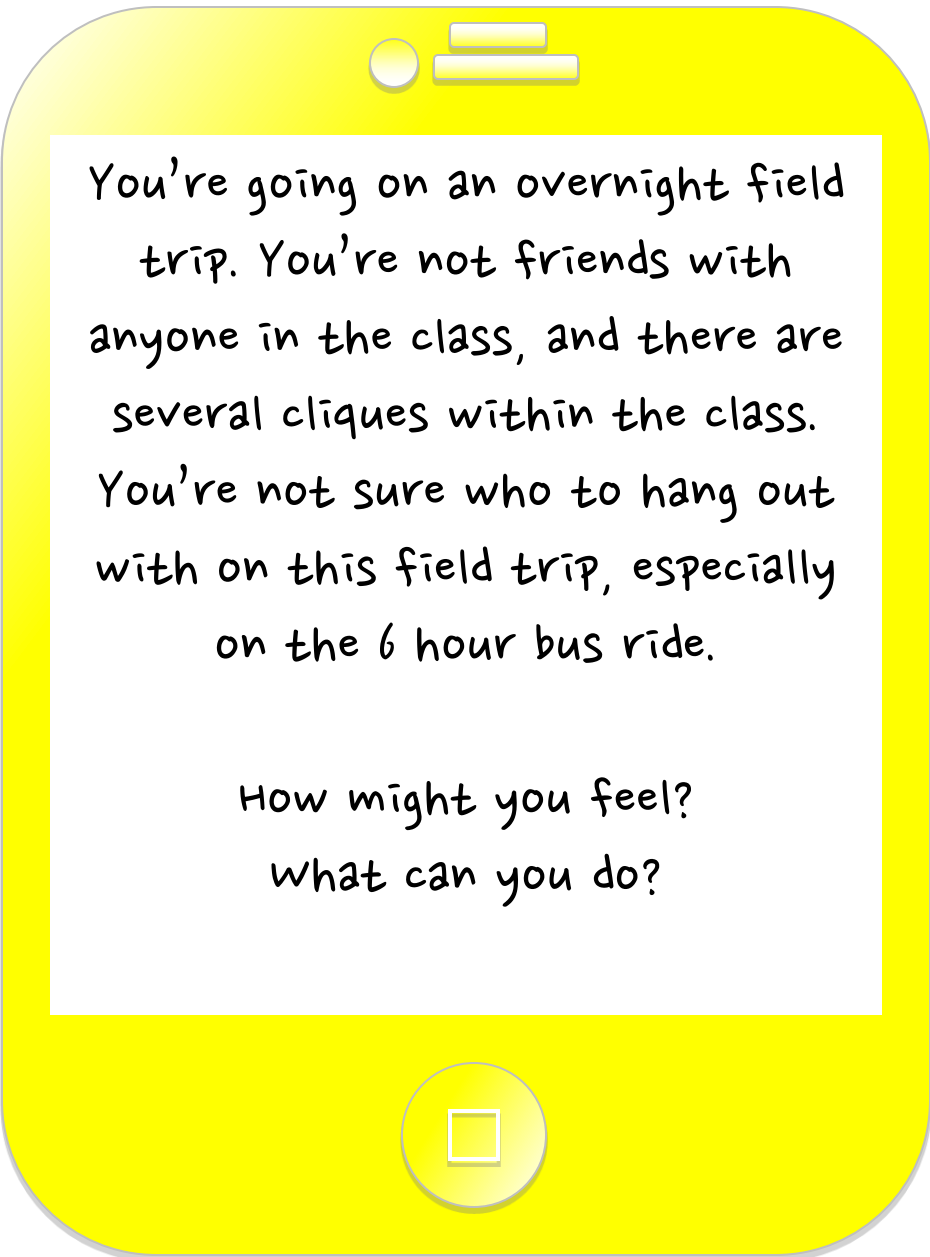
Your friend invites you to a concert. You want to go, but you don't like big crowds.

How might you feel?
What can you do?

A blue smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing the earpiece. At the bottom, there is a square home button.

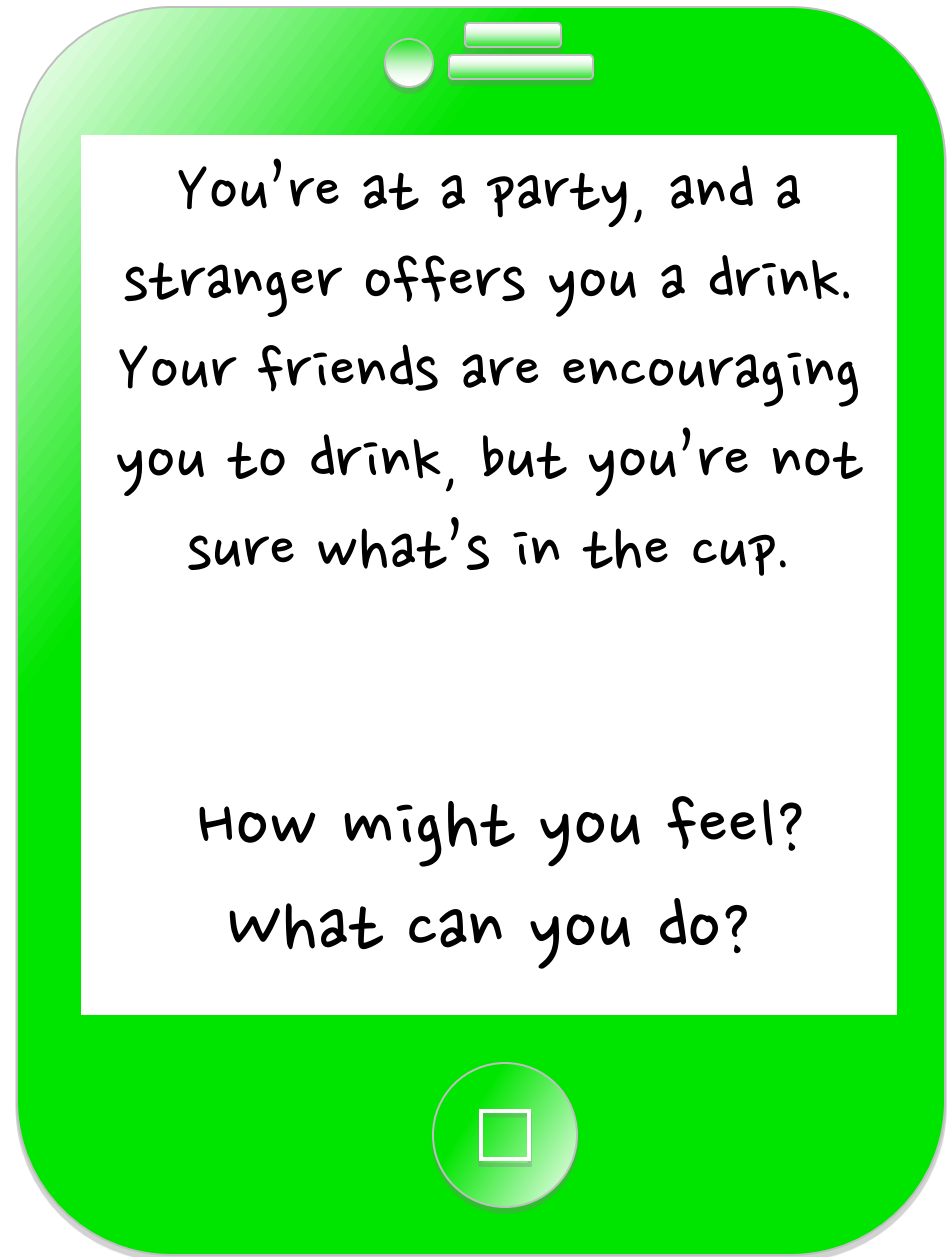
You find out that your friend is in an abusive relationship.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a white circle on the left and a white rectangle on the right. At the bottom, there is a white square inside a white circle.

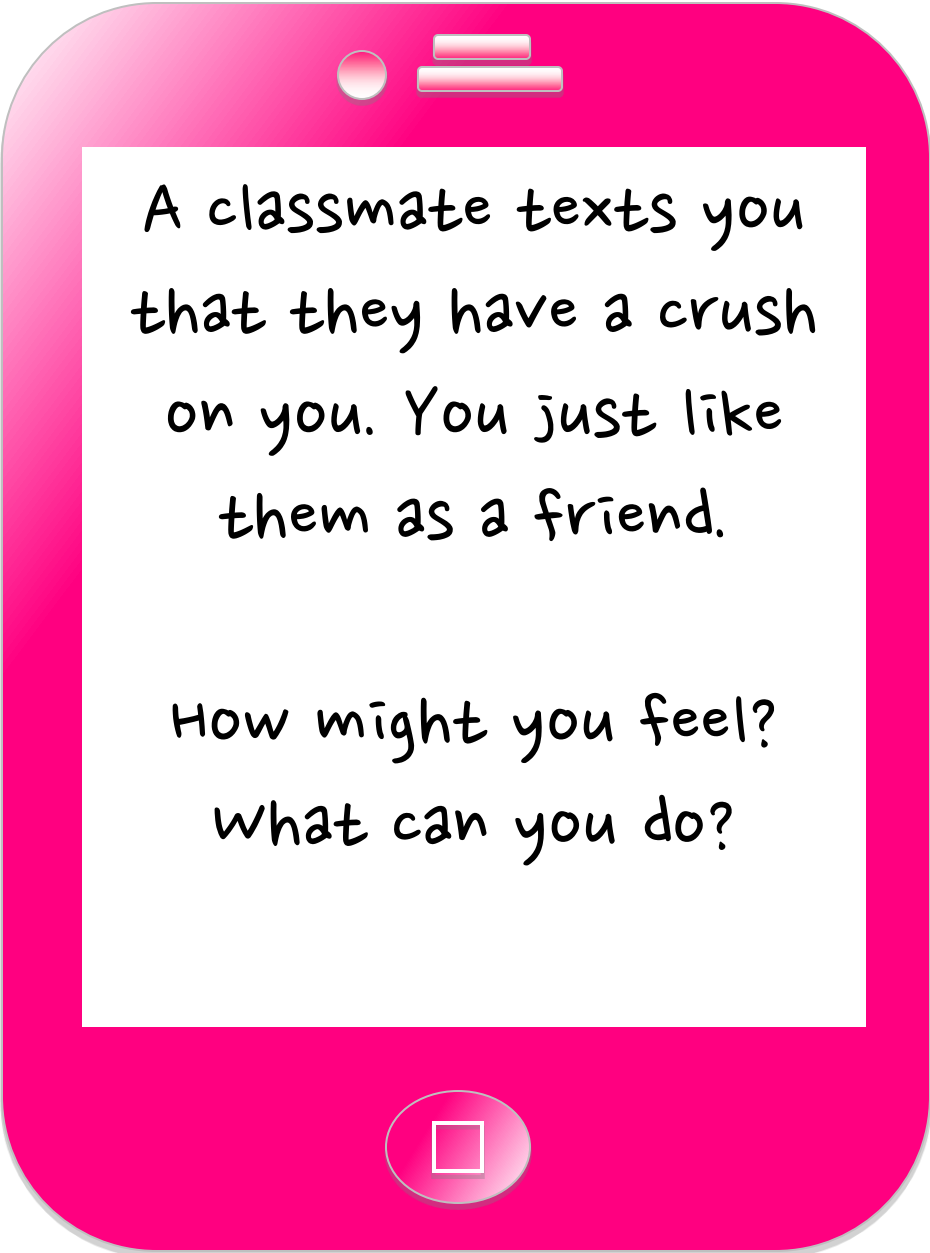
You're going on an overnight field trip. You're not friends with anyone in the class, and there are several cliques within the class. You're not sure who to hang out with on this field trip, especially on the 6 hour bus ride.

How might you feel?
what can you do?

A green smartphone graphic with a white screen. At the top, there is a white circle on the left and a white rectangle on the right. At the bottom, there is a white square inside a white circle.

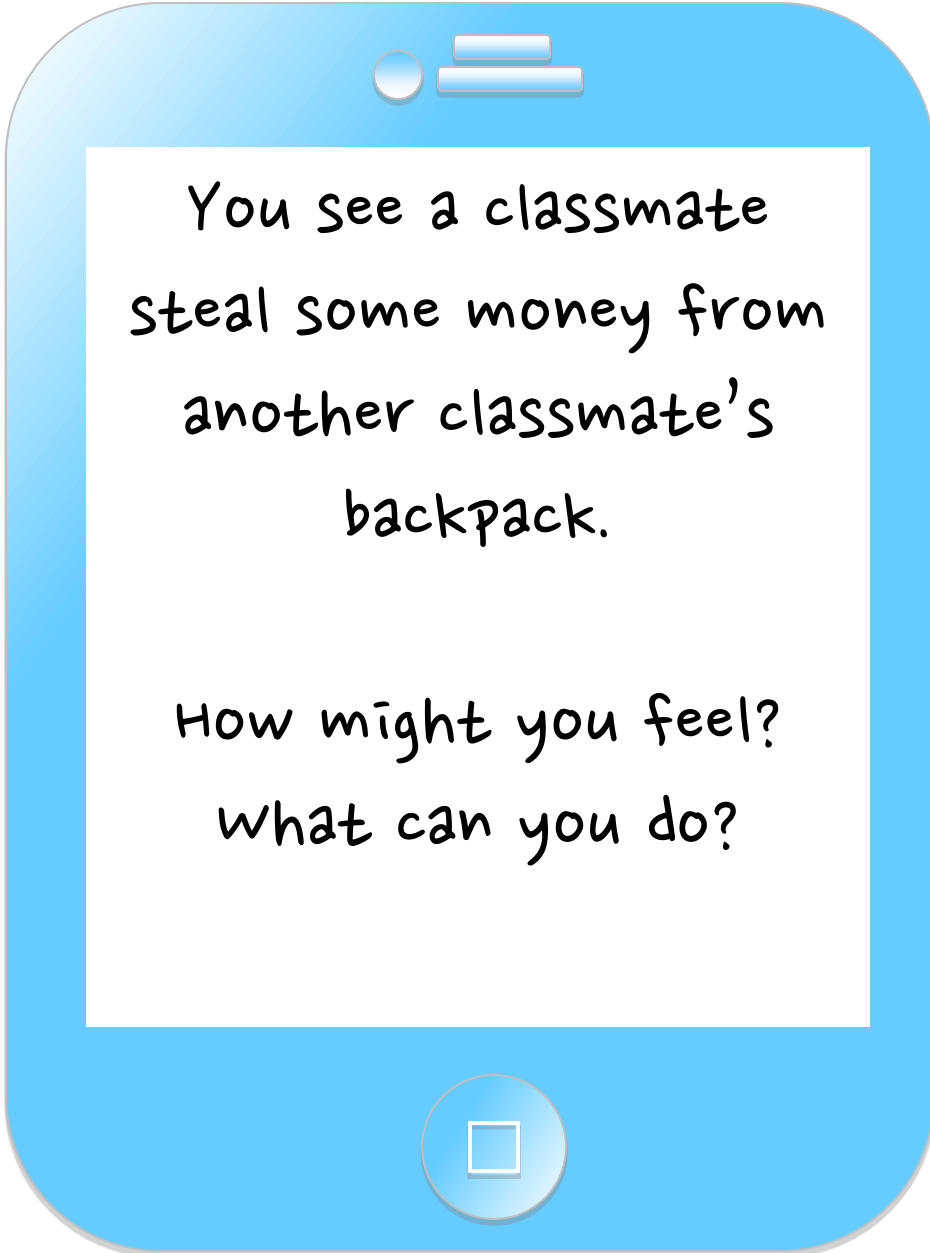
You're at a party, and a stranger offers you a drink. Your friends are encouraging you to drink, but you're not sure what's in the cup.

How might you feel?
what can you do?

A pink smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The screen contains two paragraphs of text.

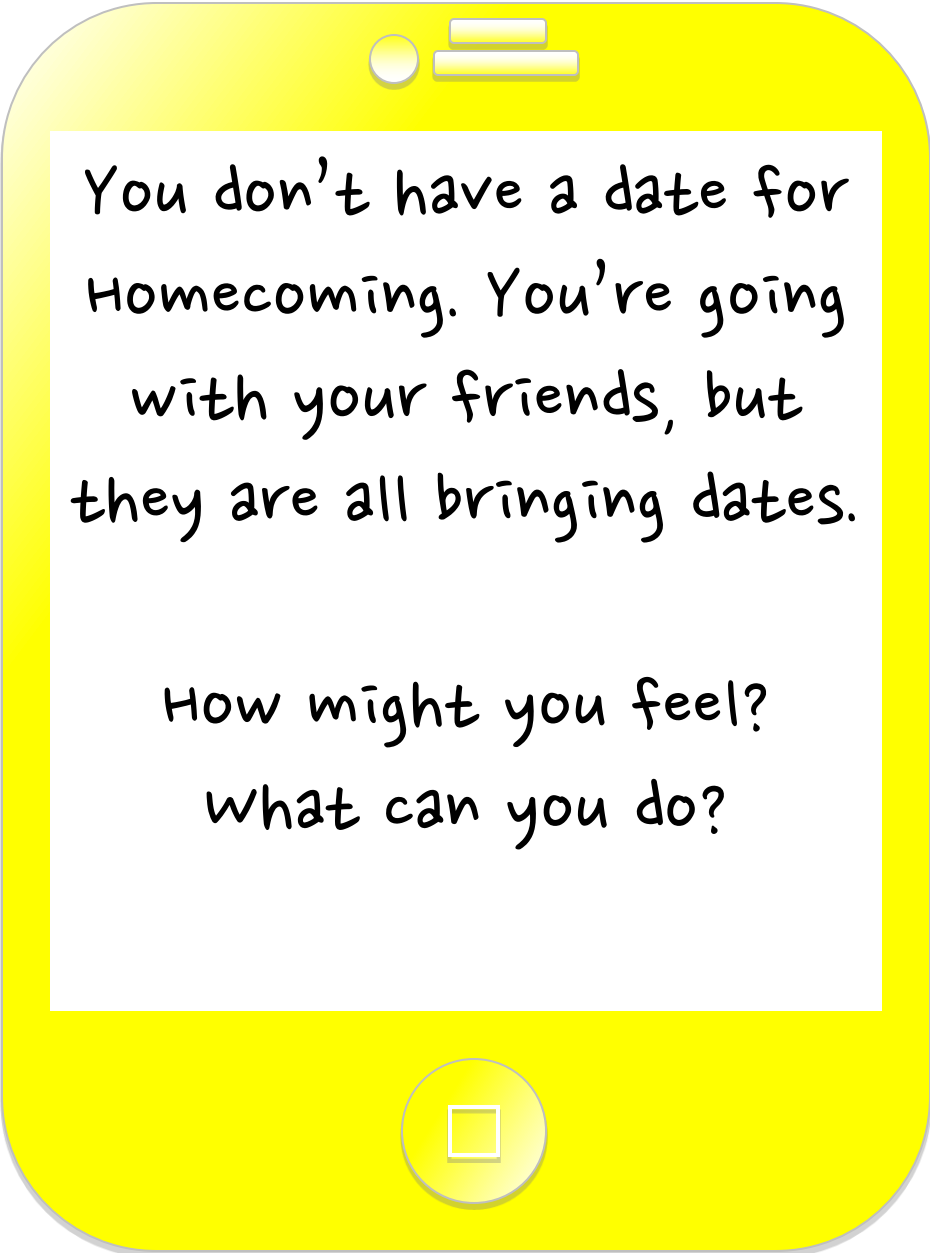
A classmate texts you
that they have a crush
on you. You just like
them as a friend.

How might you feel?
What can you do?

A blue smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a circular home button with a square icon inside. The screen contains two paragraphs of text.

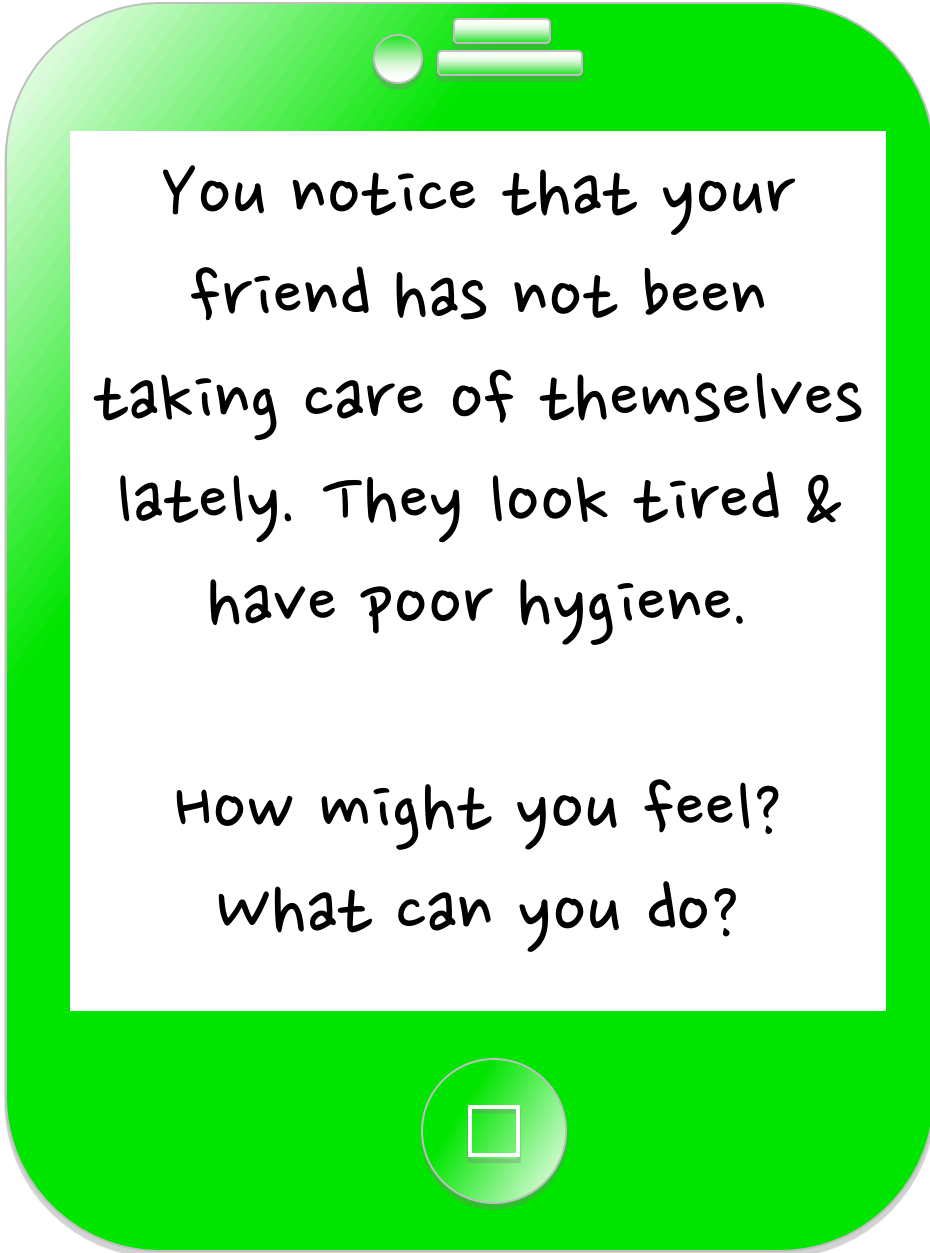
You see a classmate
steal some money from
another classmate's
backpack.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square. The text is written in a black, handwritten font.


You don't have a date for Homecoming. You're going with your friends, but they are all bringing dates.

How might you feel?
What can you do?

A green smartphone graphic with a white screen. At the top, there is a white circle and a white rectangle. At the bottom, there is a white square. The text is written in a black, handwritten font.

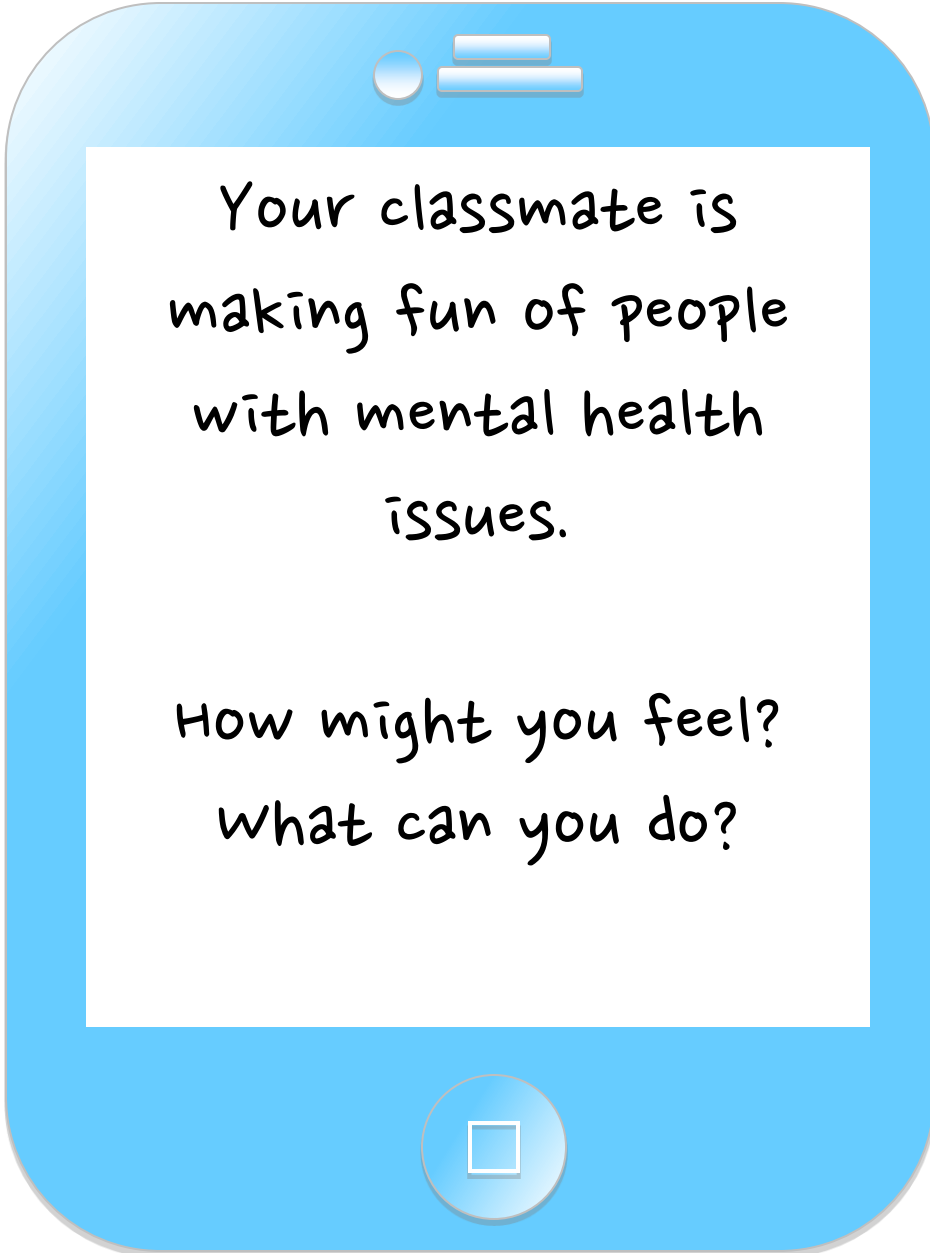
You notice that your friend has not been taking care of themselves lately. They look tired & have poor hygiene.

How might you feel?
What can you do?

A pink smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a signal strength indicator. At the bottom, there is a square home button.

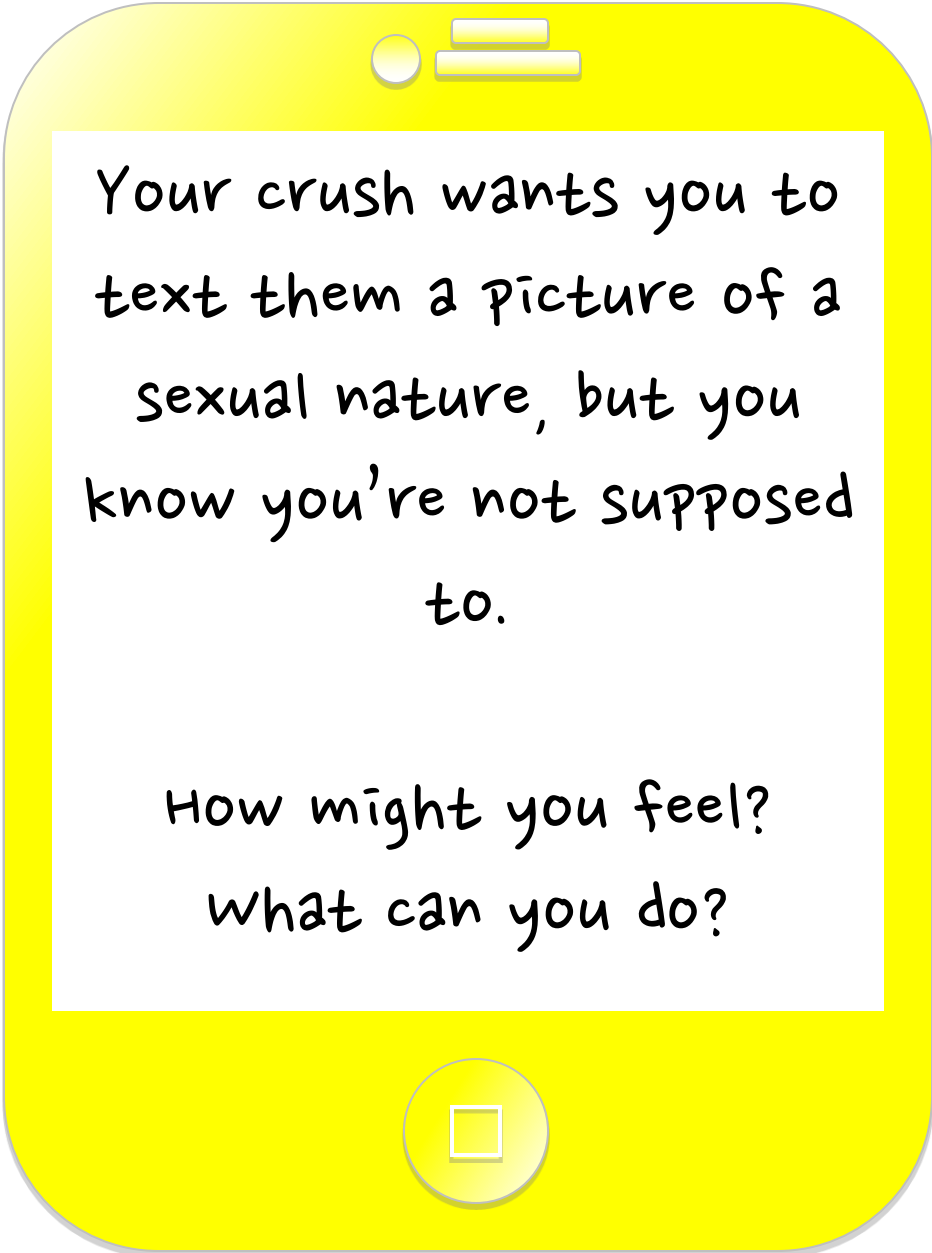
You're at a party with your friend. They seem intoxicated, but they're supposed to drive you home.

How might you feel?
What can you do?

A blue smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a signal strength indicator. At the bottom, there is a square home button.

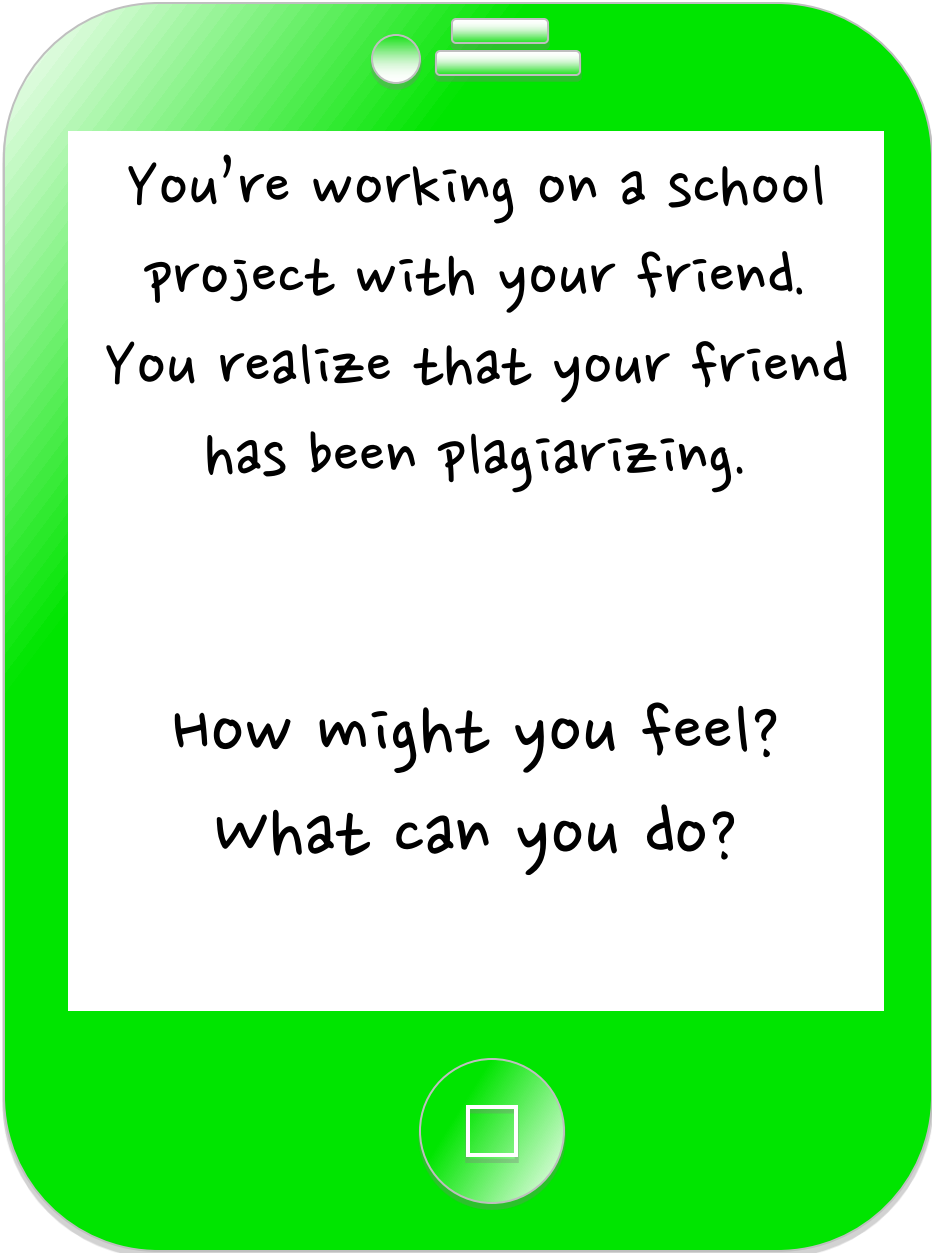
Your classmate is making fun of people with mental health issues.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a white circle and two white horizontal bars. At the bottom, there is a white square inside a white circle.

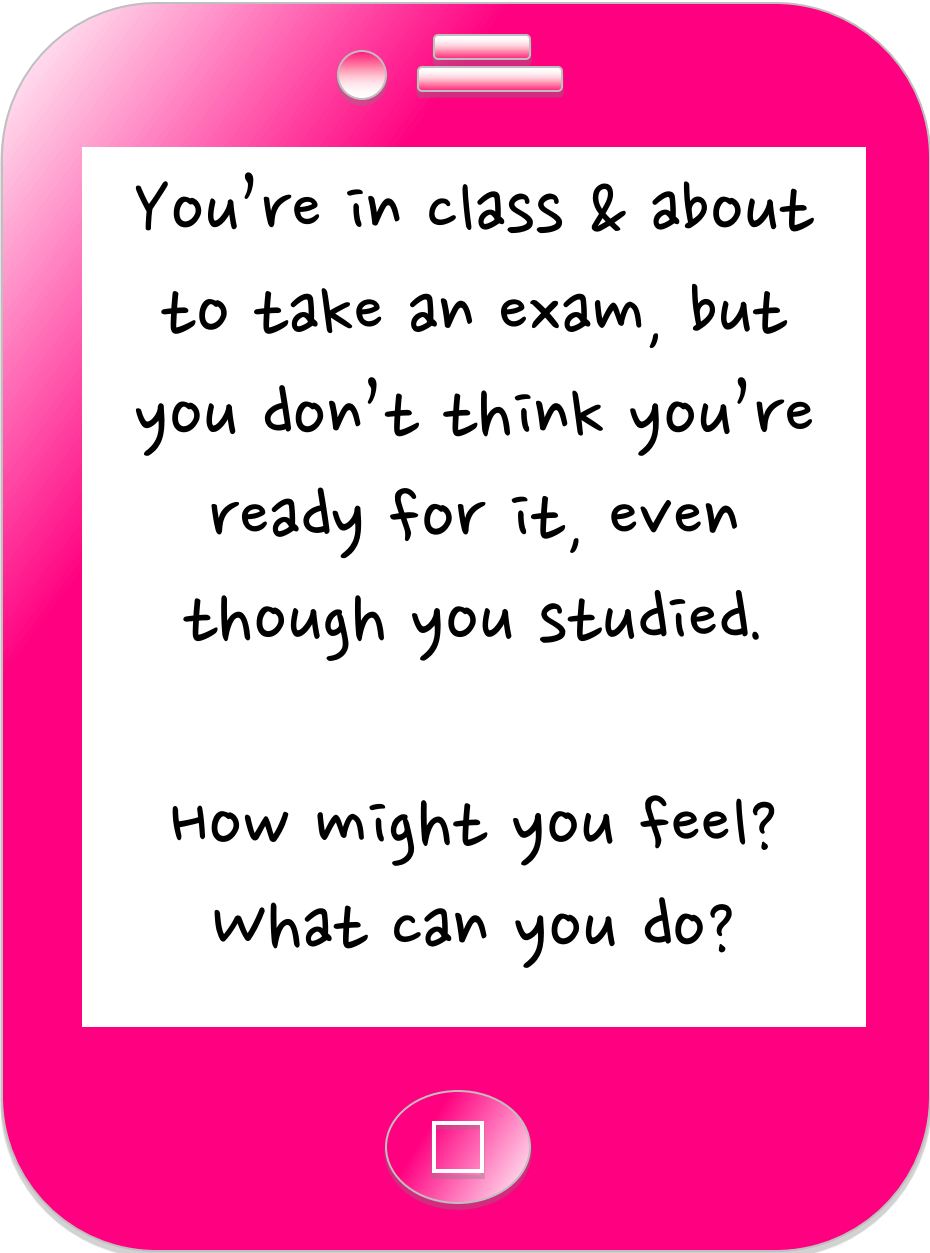
Your crush wants you to text them a picture of a sexual nature, but you know you're not supposed to.

How might you feel?
What can you do?

A green smartphone graphic with a white screen. At the top, there is a white circle and two white horizontal bars. At the bottom, there is a white square inside a white circle.

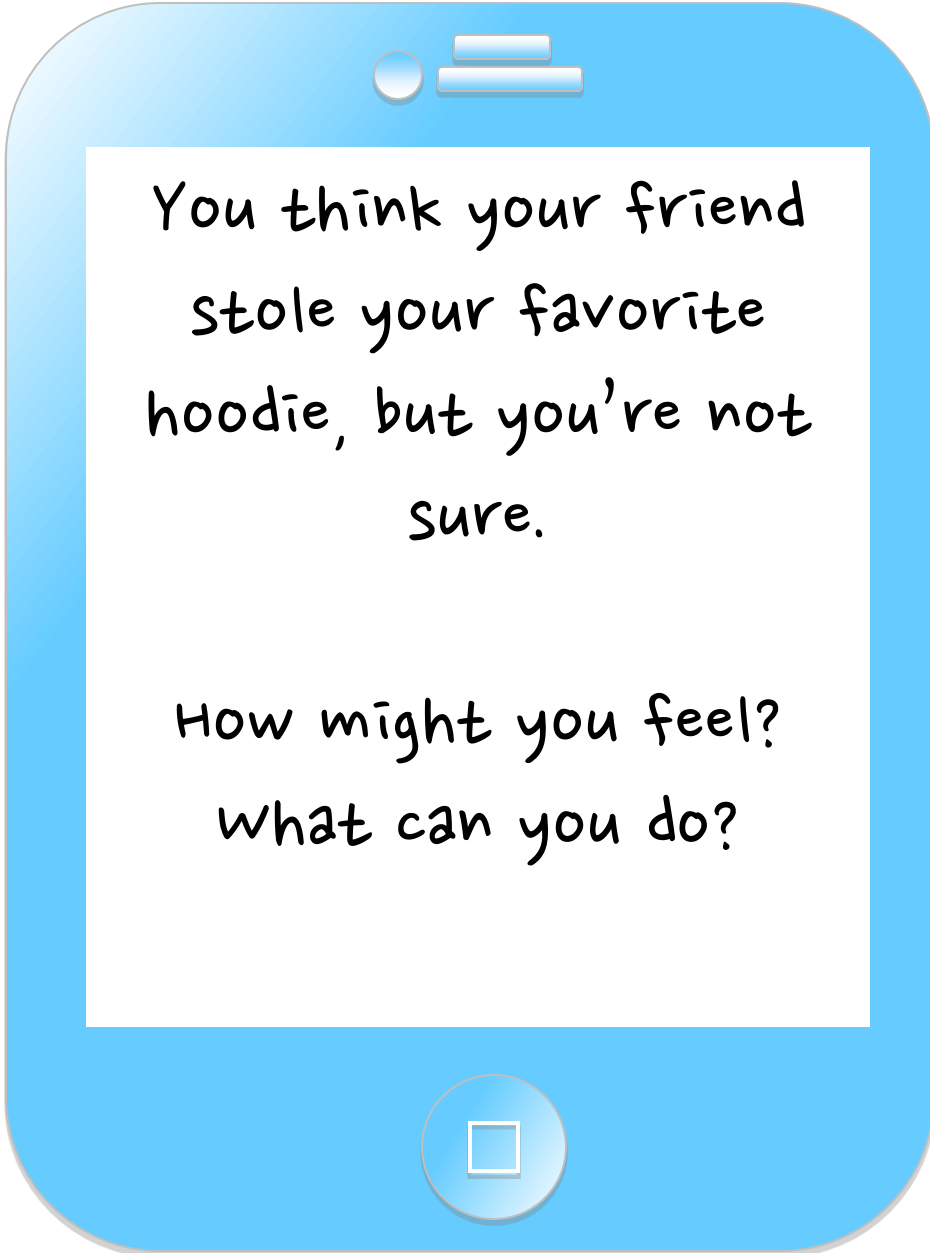
You're working on a school project with your friend. You realize that your friend has been plagiarizing.

How might you feel?
What can you do?

A pink smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

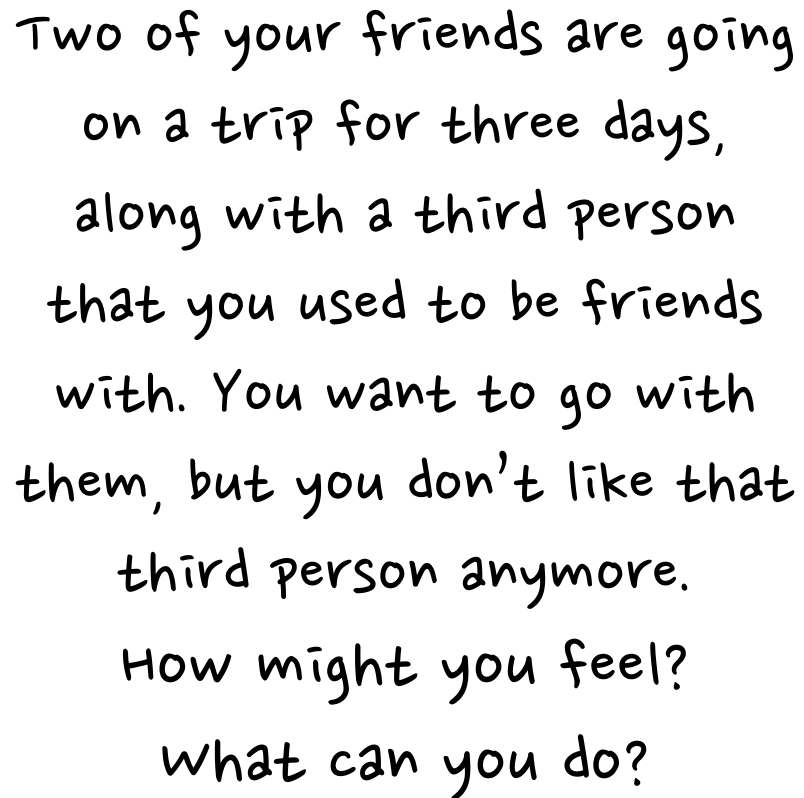
You're in class & about to take an exam, but you don't think you're ready for it, even though you studied.

How might you feel?
What can you do?

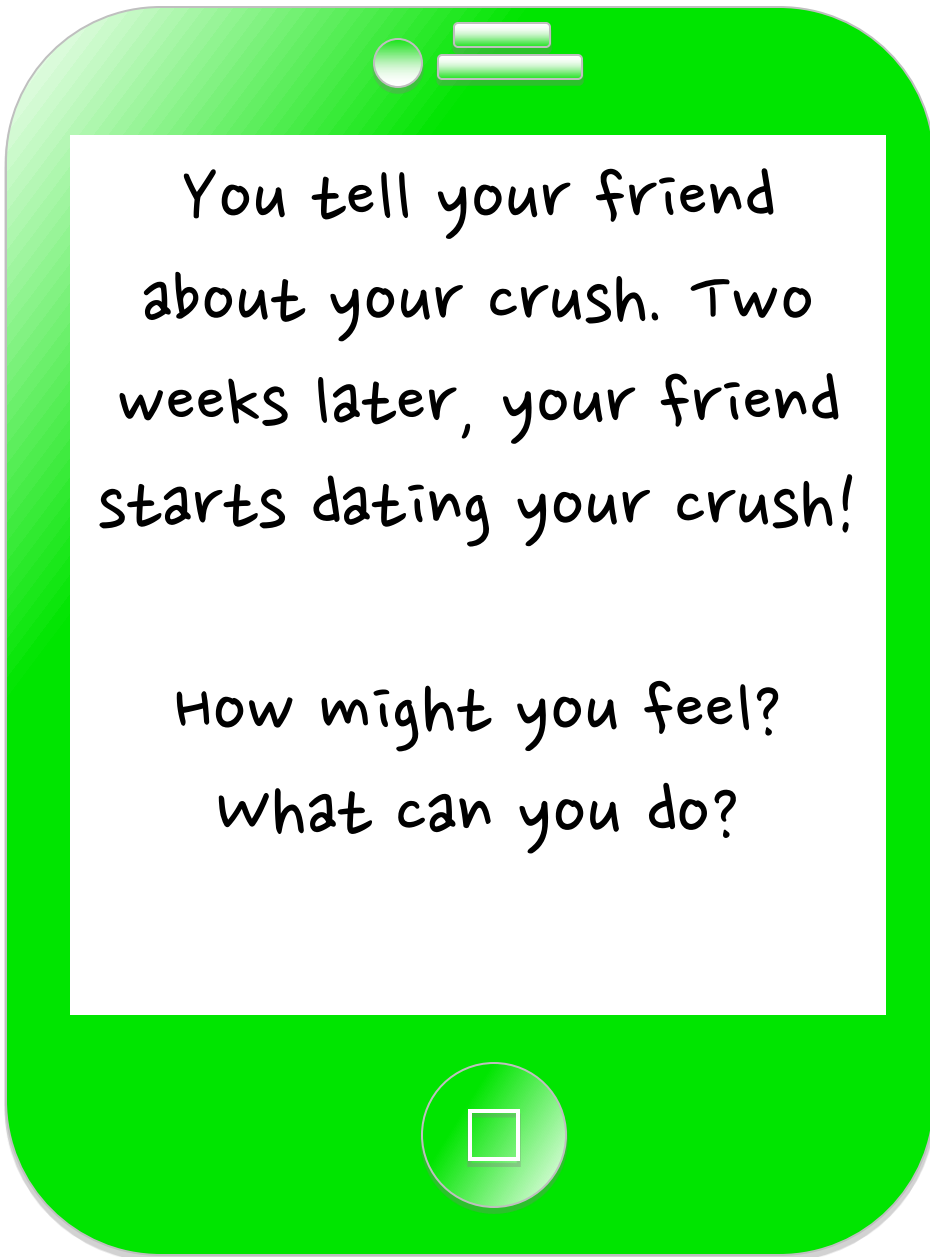
A blue smartphone graphic with a white screen. At the top, there is a circular camera lens and a horizontal bar representing a speaker. At the bottom, there is a square home button.

You think your friend stole your favorite hoodie, but you're not sure.

How might you feel?
What can you do?

A yellow smartphone graphic with a white screen. At the top, there is a white circle on the left and two white horizontal bars on the right. At the bottom, there is a white square inside a white circle.

Two of your friends are going on a trip for three days, along with a third person that you used to be friends with. You want to go with them, but you don't like that third person anymore. How might you feel? What can you do?

A green smartphone graphic with a white screen. At the top, there is a white circle on the left and two white horizontal bars on the right. At the bottom, there is a white square inside a white circle.

You tell your friend about your crush. Two weeks later, your friend starts dating your crush!

How might you feel?
What can you do?

credits

MSGold123

-Thank you for the colorful iPad templates!