

Resource 2 Scenarios and strategies

Arjun has saved up his birthday money and wants to spend all of it on some trainers he has seen. He can just about afford them as they are on sale today online. Mum says he would be wasting his money as she has only recently bought him a new pair of trainers. It would be good to save up some more but they are the coolest trainers Arjun has ever seen and he really wants them.

Lily's chatting with a group of friends from school. Some of them start saying nasty things about Uma, another girl in their class. Lily has her number as they go to the same football club, so her friends tell Lily to send Uma a nasty text. Lily does not want to fall out with her friends but she thinks Uma's nice – they got on fine together at football.

From the ideas below, choose the three that you think would be the most helpful strategies for managing influences and helping decision-making for Arjun and the three that you think would be most helpful for Lily. (You could tick, circle, or highlight them in different colours for the two characters.)

Identify who or what is influencing them in this situation and why. Decide whether that influence is positive/helpful or negative/unhelpful

Do nothing straightaway: take some time to think about it.

Ask someone they trust for their advice.

Make a list of the pros and cons/advantages and disadvantages of each.

Walk away/stop taking part in the conversation.

Think about the potential consequences of each possible decision, for themselves or other people.

Other ideas?

Click or tap here to enter text.

Explain how they feel about the situation with the other person/people involved.