

Options Game, Part I

(see Part II for the list of options)

How to play the Options Game

- Choose a dilemma from the list, or make up your own scenario.
- Ask: What are some good options?
- Other players suggest at least three plausible options.
- Discuss the options together, and pick a good one.
- Together, act out the scenario with the chosen option.
Have fun play-acting. Ham it up!

Dilemmas

Your friends are jaywalking across the street instead of using the crosswalk

People are drinking at the party

You're invited to a birthday party, but you'd rather not go

Someone offers you drugs at the concert

Your boyfriend/girlfriend wants to kiss/go further/have sex

Someone's cheating off your test at school

Your friend is making rude jokes about a teacher

Your friend has bruises and won't tell you why

A friend wants help with their homework

Your friend is doing drugs

Someone made a mean video about another kid at school

The designated driver has been drinking

You saw someone shoplifting at the store

Your friend asked if you like her new (terrible) haircut

You want to see a movie, but can only access a pirated version

Your friend is passed out at a party, and you don't know why



Options Game, Part II

(see Part I for dilemmas and instructions)

You Always Have Options!

Go along with it

Get a trusted adult involved

Do nothing

Call a helpline

Ask for advice

Find an alternative

Maybe later

Call 911

Say no

Wait and see

Confront a friend

Your own creative solution

How to say "no"

- No.
- I'm not comfortable with that
- I'm not into that stuff
- Not today
- [shrug] I do my own thing
- Oops, mom's texting, gotta go

How to confront a friend

- I care about you, and that's not healthy
- You're my friend but that's too risky
- Hey man, that's not cool
- I gotta be honest—that's not a good idea
- I'd rather piss you off, than see you hurt
- How can I help you?

