YOUR CHOICE: CHOOSE WISELY

GREEN FLAGS/RED FLAGS

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INTRODUCTION

In this lesson, you will identify, discuss and examine "green flags and red flags," or healthy behaviors versus toxic behaviors. Then, you will consider your reactions or responses to various scenarios.

SEL CONNECTION

We will explore **responsible decision making**, **self-awareness** and **social awareness** through the discussion of healthy versus toxic forms of speech, action and behavior.

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ICEBREAKER

FRIENDS AND HOMIES

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Green Flags: (n.) Healthy examples of friendships, boundaries, language and behaviors. These are forms of actions that make us feel good, loved and connected.

Red Flags: (n.) Toxic or unhealthy examples of friendships, boundaries, language and behaviors. These are forms of actions that do not make us feel good and are harmful to our health.
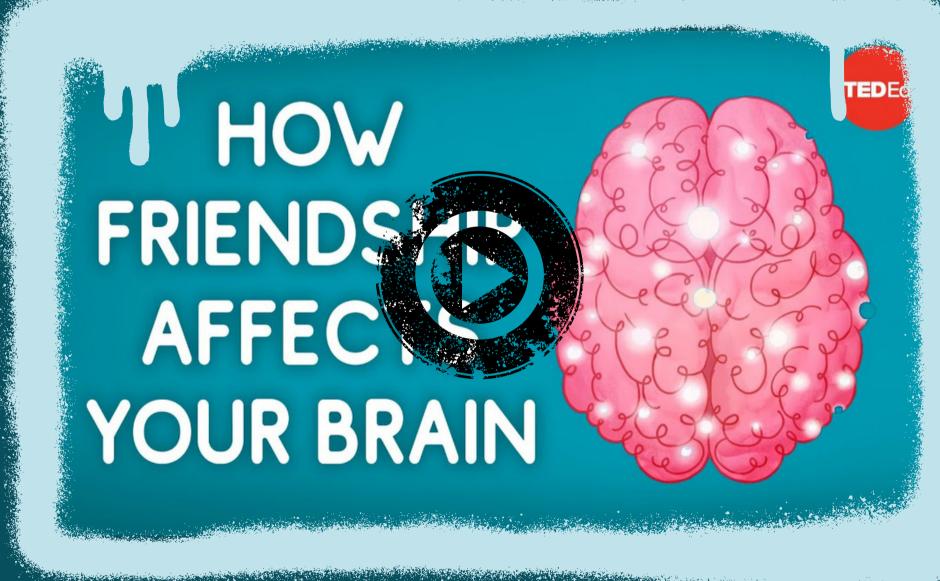
ICEBREAKER

FRIENDS AND HOMIES

1) Watch the video.

2) Think about the definitions of "green flags" and "red flags."

TEDEd

HOW FRIENDSHIP AFFECTS YOUR BRAIN

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FRIENDS AND HOMIES

EXAMPLE

A friend who supports you in times of need.

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FRIENDS AND HOMIES

EXAMPLE

A friend who spreads rumors about you.

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FRIENDS AND HOMIES

EXAMPLE

A teacher who embarrasses you in front of the class on purpose.

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FRIENDS AND HOMIES

EXAMPLE

A teacher who wants you to succeed in life.

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FRIENDS AND HOMIES

EXAMPLE

A parent/guardian who spends quality time with you.

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FRIENDS AND HOMIES

EXAMPLE

A friend who steals your Airpods without asking.

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LESSON

PART ONE

GREEN FLAGS/RED FLAGS

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GREEN FLAGS/RED FLAGS

GOAL

Identify healthy versus unhealthy actions and speech in friendships and other relationships.

GREEN FLAGS/RED FLAGS

1) Form a circle with your seats or standing up.

2) Move to the green side or red side of the classroom after each statement is read aloud.

3) After each round you will have an opportunity to share why you chose a green flag or red flag and make a personal connection.

GREEN FLAGS/RED FLAGS

A friend is talking mess behind your back and spreading rumors.

Red or Green Flag?

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GREEN FLAGS/RED FLAGS

Your friend hypes you up
(hypes up your outfit and style).

Red or Green Flag?

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GREEN FLAGS/RED FLAGS

A teacher asks if you're doing okay after you put your head down three times.

Red or Green Flag?

GREEN FLAGS/RED FLAGS

Your new friend is constantly looking through your snapchat messages.

Red or Green Flag?

GREEN FLAGS/RED FLAGS

Your friend tells you when you're wrong.

Red or Green Flag?

GREEN FLAGS/RED FLAGS

Your friend constantly talks over you and discredits your point.

Red or Green Flag?

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GREEN FLAGS/RED FLAGS

Your friend texts you when you haven't been in school.

Red or Green Flag?

GREEN FLAGS/RED FLAGS

You always talk negative about yourself before a test.

Red or Green Flag?

GREEN FLAGS/RED FLAGS

Your parent/guardian pushes you and challenges you to be the best you can be.

Red or Green Flag?

GREEN FLAGS/RED FLAGS

Your teacher shames you for what you're wearing.

Red or Green Flag?

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GREEN FLAGS/RED FLAGS

A teacher calls home to let your parents know about your grades.

Red or Green Flag?

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GREEN FLAGS/RED FLAGS

Your friend won't let you walk anywhere by yourself.

Red or Green Flag?

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DISCUSSION - WHAT WOULD YOU DO?

WHAT WOULD YOU DO?

1) Now you will consider your responses to various healthy and unhealthy behaviors.

2) Using the same list of green flags and red flags we just played with, we will now discuss what you would do in these situations.

WHAT WOULD YOU DO?

A friend is talking mess behind your back and spreading rumors.

Use the sentence stems for discussion support.

SENTENCE STEMS

- I would _____ if _____.
- I feel _____ because _____.
- I think _____ because ____.
- I agree with _____ because _____.
- I disagree with _____ beacuse _____.

WHAT WOULD YOU DO?

Your friend hypes you up (hypes up your outfit and style).

Use the sentence stems for discussion support.

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- I would _____ if _____.
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WHAT WOULD YOU DO?

A teacher asks if you're doing okay after you put your head down three times.

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WHAT WOULD YOU DO?

Your new friend is constantly looking through your snapchat messages.
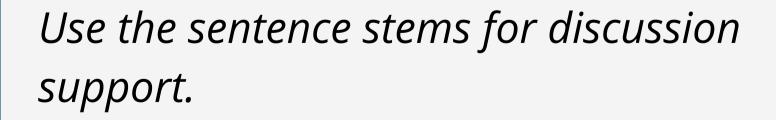
Use the sentence stems for discussion support.

SENTENCE STEMS

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WHAT WOULD YOU DO?

Your friend tells you when you're wrong.

Use the sentence stems for discussion support.

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Your friend constantly talks over you and discredits your point.

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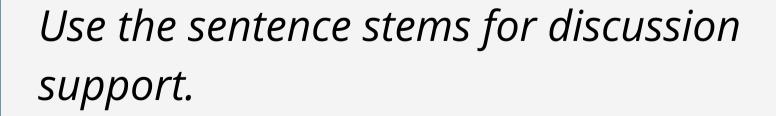
Your friend texts you when you haven't been in school.

Use the sentence stems for discussion support.

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WHAT WOULD YOU DO?

You always talk negative about yourself before a test.

Use the sentence stems for discussion support.

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WHAT WOULD YOU DO?

Your parent/guardian pushes you and challenges you to be the best you can be.

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WHAT WOULD YOU DO?

Your teacher shames you for what you're wearing.

Use the sentence stems for discussion support.

SENTENCE STEMS

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WHAT WOULD YOU DO?

A teacher calls home to let your parents know about your grades.

Use the sentence stems for discussion support.

SENTENCE STEMS

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WHAT WOULD YOU DO?

Your friend won't let you walk anywhere by yourself.

Use the sentence stems for discussion support.

SENTENCE STEMS

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