



Harmful Posts Exercise

Instructions: This exercise includes four scenarios of harmful social media behavior. Read through each scenario and write in the space provided **the risk level of the post, why it is at this risk level and an action plan** to help deescalate the situation. Take time to think about what may escalate or deescalate this situation and how your action plan might change.

Scenario 1: You notice a video of a fight on Facebook where multiple people attacked one person. People in the video are laughing and cheering as the other person is getting hurt. You also realize that the video has over 150 likes, has been shared 90 times, and the names of the people fighting have been tagged by other users in the comments section.

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Scenario 2: You heard from your friends that two people you know are fighting a lot lately, which surprises you because you thought they were best friends. Later that day, you notice that one of them has posted a status that says, “Going out with my true friends this weekend! The ones that aren’t fake, unlike some people I know...” You notice that no one is explicitly named, but because you know about your friend’s drama, you have a good idea of who she is talking about.

Scenario 3: You are surfing Twitter and you notice that one of your friends tweeted, “I feel so depressed and down. I don’t know what to do. Sometimes I feel like killing myself”. You also noticed some pictures of your friend drinking by himself.

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Scenario 4: You see a photo on Instagram of your friend holding a handgun in his home. In fact, his Instagram has a lot of photos of him and his friends playing and posing with guns.
