

Fight

You are walking with a friend off-campus and hear people yelling in the distance. It sounds like there is a lot of anger and the yelling is quite intense. As you get closer, you can see the people involved in the argument are shoving, punching, and fighting.

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if...

- The fight was on-campus?
- You know at least one person involved in the fight?

Jesse

You have been studying with four other students for an upcoming biology exam. Everyone decides to take a break and two people in your study group start talking about Jesse in your biology lab and recent posts on Facebook about Jesse. The posts talk about Jesse's traditional dress that is more common in other countries than in the US and Jesse's quiet, secluded nature. Some people have made comments that Jesse "doesn't belong here" and "we are safer without Jesse's type in our country". You do not know Jesse but you feel weird about the posts and what they assume about Jesse's beliefs and lifestyle.

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if...

- Jesse is in the room?
- If you are good friends with Jesse?

Relationships

It's Thursday night and you are home studying for a calc exam tomorrow. Your neighbors are typically quiet during the week but tonight you can hear a couple of people talking rather loudly. It's annoying but you try to ignore it. Eventually the talking becomes louder and it sounds like two people are arguing and yelling at each other. Soon you hear a something dropped or thrown and more yelling but only from one person.

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if....

- If one of your friends was involved?
- You knew the RA or police had been called to the neighbors in the past?

Getting Close

You are at a party with a few friends and are having a good time – meeting a few new people and checking out that person you think is cute! You notice a woman talking with a guy in one corner of the room and the woman almost seems cornered by the guy...but then again, it is hard to hear with the music going. A little later, the woman and guy are still in the corner of the room and the woman seems to be looking around the room, uncertain.

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if....

- The woman was a friend of yours?
- The guy was a friend of yours?

Buzzed

You are celebrating the Thanksgiving weekend with friends and/or family. The food has been great, football is going well, and the beer and soda are making multiple rounds. Alex, one of your friends (or your aunt, your brother, etc.) is getting ready to leave and heads over to you to say good-bye and thanks. You know Alex well and you know he/she has had three to four drinks in the last 2 hours or so. Alex says to you, "Thanks for a great Thanksgiving! This was just what I needed – to relax, hang out with everyone, and enjoy a bit of a buzz before next week starts. Thanks again!"

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if....

- Alex rebukes your concerns and says you are worrying about nothing.

Facebook

Sunday afternoon, one of your friends posts an update on Facebook about the weekend: "The weekend was crazy! Did some studying on Saturday, and then Sam's party...Best one of the summer so far. Long night of dancing & drinking. Not to mention I was laughing so hard my stomach was killing me! 😊 Got completely hammered, might even still be buzzed this AM! Made it home with my car too – I'm a good driver!"

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if...

- You were at the party as well?
- You know your friend got home safely and had a lot less to drink than the post implies?
- This is not the first time your friend has done this?

Texting

You are heading to a concert with a group of friends, and all of you are meeting another group downtown for dinner before the concert. Sam is driving and coordinating the dinner location with the other group. You know Sam is a good driver but you hate the texting and driving Sam does. You offer to text while Sam drives, but Sam refuses and says there are other texts coming in that are private. You try to enlist your friends in the backseat but they tell you to “relax. It’s fine; Sam does this all the time.”

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if...

- You make it to the concert without a problem?
- Sam is the group’s sober DD (designated driver) and is driving you all home at 1 am, post-concert. Sam continues to text and drive periodically on the drive home.

Student Org Party

Your student org is having a party, hosted by seniors. Two freshmen confided in you they don’t drink and aren’t “partiers”, but they want to get to know more people.

At the party, people are having fun. One member/officer suggests a drinking game and people get together to hear the rules. The freshmen refuse to play and others start to pressure and give them a hard time.

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if...

- If the two freshmen had not attended the party and the member or officer suggested a drinking game?

Kris

You and Kris typically talk between classes almost every day and hang out on the weekends -- to study and meet up with other friends. You have not seen Kris around much. You have a class together and normally meet up with a few others at lunch after class.

Kris is not returning your texts and when you ask others, they say they have not been able to connect with Kris either.

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if...

- Someone said, “Yeah, I haven’t seen Kris much. I heard Kris has some stuff going on right now and doesn’t want to be bothered.”
- You know of Kris and that Kris is in one of your classes, but are not friends with Kris.

“One More”

You are at a party. During the past hour you notice one of your friends (Sam) talking to another student (Alex). They seem to be having a good time but it is clear that Alex has had too much to drink.

At one point Sam walks by you and you hear Sam say Alex needs “one more” and “that should be enough”. A few minutes later, Sam escorts Alex upstairs and away from the party.

- What are your gut reactions?
- What are your options?
- What would you do?

How would your reactions and decisions change if...

- You know Alex is interested in Sam as more than a friend.
- You approach Alex and Alex says things are fine.

Papers in the Wind

You along with the rest of the student body, or so it seems, are heading across campus to class and running late. You cannot afford to be late for the exam as you will need every minute to finish it.

Then you notice another student drop a few papers...but the student does not seem to notice. A few others seem to notice as they watch the papers blow in the wind.

- What are your gut reactions?
- What are your options?
- What would you do?

Social Media

You are at a party and a person is passed out on the floor. Friends place beer bottles around the person who is passed out. People write on this person with permanent markers. The next day you see a post on your Facebook page from your best friend with a video of the previous night's event. Comments ensue about what a drunk, what a lush....

- What are your gut reactions?
- What are your options?
- What is your perception?
- What is the impact of this posting?
- What harm can you identify from this posting?
- If this was your sibling, how would you feel?
- What would you do?

Why Social Media?

- Social media is ever-present; things (actions, words, comments, behaviors) are often/always open for capturing and posting via smart phones, camera phones, etc.
- There seems to be a tipping point at which behavior is becoming normalized or okay when it is posted on social media sites.
- A scenario on social media makes this training concept more relevant to student audience, and it provides an example to which students can relate.