

# How Would You De-escalate? Scenarios: Answer Key

## Scenario 1

- STEP 1: STOP. Take a few deep breaths and calm down before you talk to your girlfriend.
- STEP 2: THINK. Do you want to stay in the relationship? Your girlfriend is shy, and you know that your friends are loud and like to joke around a lot. How can you make your girlfriend feel comfortable around your friends? Your friends are important to you. How can you ensure that you are still able to hang out with your friends?
- STEP 3: FEEL. What happened made you feel angry. Do you feel upset that your girlfriend does not seem to like your friends? Are you afraid that you will have to give up your friends for your girlfriend?
- STEP 4: ACT. Let your girlfriend know that she is very important to you, and that your friends are also very important. Suggest that you go to the party for a short time and then catch a late movie.

## Scenario 2

- STEP 1: STOP. Take a few deep breaths and calm down.
- STEP 2: THINK. Anthony has always been a good friend to you, and you want to stay friends and hang out. You also want to play basketball without feeling guilty. You understand how being cut from the team would be awful. You love basketball, and you know that you would be really upset if that happened to you.
- STEP 3: FEEL. Anthony's text messages and reaction made you feel very upset. You are afraid of losing Anthony as a friend.
- STEP 4: ACT. Ask for help from your basketball coach. See if he can talk to Anthony to explain why he was cut and offer support. Approach Anthony and say you are sorry this happened, and you really want to stay friends. Let him know that he is an important person in your life and that you want to work through this conflict. Set some boundaries around how you deal with conflict; for instance, you need to be able to talk about stuff in a respectful way. Ask Anthony if he wants to go shoot some hoops at the community centre.

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## Scenario 3

STEP 1: STOP. Take a few deep breaths and calm down.

STEP 2: THINK. You want all three of you to be friends again and get along. What you and Liz did to Hardeep was very hurtful, and you understand why she is so upset.

STEP 3: FEEL. You are upset that you hurt Hardeep's feelings. You feel pressured by Liz to go along with what she wants. This is unnecessary drama in your life that is creating stress.

STEP 4: ACT. Apologize to Hardeep for your hurtful behaviour. Let her know that you want to stay friends. Plan for the three of you to meet so you can talk through what happened between Liz and Hardeep and try to come to a resolution. Make sure everyone feels heard and respected. Ask for help from an adult, if needed. If Liz decides she does not want to be friends with Hardeep, then have them at least make a plan to agree to still be respectful toward each other and to respect that you will remain friends with them both.