



INSTRUCTIONS

Label the behaviors in each scenario as red light (unhealthy), yellow light (concerning), or green light (healthy). Decide what boundaries should be set in the scenario and when the person should communicate those boundaries. If the situation were to continue, what would you suggest the person do next?

Scenario 1: Jordan and Her Friend's Location Check-Ins

Jordan and Alex text each other every day, but if Jordan doesn't respond right away, Alex checks in on Jordan's location through a phone app. Alex sends multiple texts, asking why Jordan hasn't replied. One day, when Jordan doesn't answer quickly, Alex accuses them of lying and hiding things from her. This makes Jordan feel uncomfortable, but she is afraid to communicate her feelings.

Red, Yellow, or Green Light Behaviors:

Alex's constant checking in: _____

Accusing Jordan of lying: _____

What boundaries should Jordan set with Alex?

When should Jordan communicate these boundaries with Alex in the scenario?

If this situation were to continue, what should Jordan do?

Scenario 2: Mark and Liam's Pressure to Join the Lacrosse Team

Mark has been encouraging Liam to join the lacrosse team for weeks. Even though Liam has politely declined several times, Mark continues to insist, believing that Liam would enjoy it if he gave it a try. Mark often brings it up in front of their group of friends, making it harder for Liam to say no. One day, without asking, Mark signs Liam up for lacrosse tryouts and excitedly tells him about it in front of their friends. Liam feels frustrated and pressured but doesn't say anything because he doesn't want to make things awkward.

Red, Yellow, or Green Light Behaviors:

Mark's repeated pressure to join the lacrosse team: _____

Signing Liam up for tryouts without his permission: _____

What boundaries should Liam set with Mark?

When should Liam communicate these boundaries with Mark in the scenario?

If Mark continues to pressure Liam, what should Liam do?

Scenario 3: Kai and Morgan's Support After a Loss

Kai recently lost a family member, and Morgan has been checking in regularly to offer support. Morgan always asks Kai how they are feeling and gives Kai space to talk when they are ready. During one conversation, Kai shared personal details about their relationship with their grandfather, and Morgan listened with empathy. However, a few days later, Morgan casually mentioned some of those details to another friend during lunch. Kai found out and felt uncomfortable, as they prefer to talk about their loss directly when ready.

Red, Yellow, or Green Light Behaviors:

Morgan checking in on Kai and giving space to talk: _____

Morgan sharing Kai's personal information without permission: _____

What boundaries should Kai set with Morgan?

When should Kai communicate these boundaries with Morgan in the scenario?

If Morgan continues to disrespect Kai's privacy, what should Kai do?
