


stop think & focus!

to make wise choices

What if... during class your teacher is explaining directions to a project when one of your classmates makes a sarcastic remark that has the whole class laughing. You think it is funny, but you see by the teacher's face that she/he is really hurt by the comment. What could you do to help your teacher feel better? What could you say to your classmate to make the situation better? How could you say it in a way that he/she would take it well and understand that their comment hurt the teacher?

 **FOCUS to make wise choices™**

1) **F**acts: _____

2) **O**ptions: **A:** _____

B: _____

3) **C**onsequences:

4) **U**-Tube Test – How would you look if your actions played on YouTube?

<u>Gain</u>	<u>Pain</u>
_____	_____
_____	_____
_____	_____

5) **S**olution: _____

