

## Calm Connections

**Directions:** Read each online scenario carefully. Choose the best response (A-D) that helps calm the situation, show respect, and resolve the misunderstanding.

1. Your classmate posts a comment you think is rude about your project. What's the best way to respond?
  - A. Post a rude comment back.
  - B. Message them privately and ask what they meant.
  - C. Tell the whole group chat that they were mean.
  - D. Delete your project out of anger.
2. Your friend misunderstood your message and thinks you were making fun of them. What should you do?
  - A. Ignore them until they calm down.
  - B. Write, "You're overreacting. I didn't mean it like that."
  - C. Argue that they should know your sense of humor.
  - D. Apologize and explain you didn't mean to hurt their feelings.
3. You're in a group chat, and two people start arguing. What's the best thing for you to do?
  - A. Join the argument and pick a side.
  - B. Tell everyone to calm down in all capital letters.
  - C. Stay neutral and suggest they take the talk privately.
  - D. Leave the group chat immediately.
4. Someone comments on your photo with a sarcastic remark. What should you do first?
  - A. Pause before replying and decide if it's worth responding.
  - B. Type an angry reply right away.
  - C. Screenshot it and start gossiping.
  - D. Post an insulting comment in return.
5. You accidentally posted something that upset a friend. What's the best next step?
  - A. Ignore it and hope they forget.
  - B. Take it down and message them to apologize.
  - C. Tell them it wasn't your fault they're upset.
  - D. Ask others if they think it was rude.



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6. A classmate spreads a rumor about you in a group chat. What's a calm response?
- A. Spread a rumor about them too.
  - B. Respond with anger in the chat.
  - C. Report it to a teacher or counselor and don't join the argument.
  - D. Write a long post defending yourself publicly.
7. You notice your tone came off as rude in a message. What's the best way to fix it?
- A. Ignore it; people will get over it.
  - B. Delete the message and pretend it didn't happen.
  - C. Message back saying, "Sorry if that sounded rude-I didn't mean it that way."
  - D. Make a joke to change the subject.
8. You're upset about a text but not sure what to say. What should you do?
- A. Take a break before responding.
  - B. Type a long angry message.
  - C. Ask your friend to tell the person off.
  - D. Post about it on social media.
9. Someone writes a mean comment on your post. What's the healthiest choice?
- A. Respond with kindness or report the comment.
  - B. Reply with something meaner.
  - C. Argue in the comments for hours.
  - D. Block all your friends out of anger.
10. You and a friend disagree in a group chat. What's the best way to handle it?
- A. Keep arguing until you win.
  - B. Leave the chat without saying anything.
  - C. Ask everyone else to take your side.
  - D. Write calmly that you understand their view and move the discussion private.

