Role-Playing Activity – “Understanding Teen Emotions”

Objective: Teachers and parents experience teenagers' perspectives in challenging online situations to better understand their emotions and practice empathetic responses.
Methodology: Participants are divided into small groups and assigned pre-written scenarios where they take on the role of teenagers. Each scenario is followed by reflection and expert discussion.
Example Scenarios:

1. **Social Media Drama:** A teenager feels excluded because their friends didn’t tag them in a group post. They feel ignored and wonder how to react.
2. **Anonymous Messages:** The participant receives a hurtful anonymous message. How do they feel? How should they respond?
3. **Peer Pressure Online:** Friends are pressuring the participant to share personal information or pictures. How can they manage stress and resist peer pressure?
4. **Emotional Outburst Online:** The participant, feeling angry, writes a negative comment on a classmate’s post. How can they recognize and control their emotions before causing conflict?

Discussion and Reflection: After each scenario, participants share their experiences, and experts provide guidance on how to help children develop emotional regulation and empathetic responses in real-life situations.

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