



## **Mental Health Scenario**

Now that you have read the **mental health** scenario of our skateboarder, answer the following questions:

- How might our skateboarder be feeling right now?
- How might his family be feeling about the incident?

## **Escalation Scenario**

Answer the following questions about an **escalation** scenario you have experienced:

- Describe a time at school when you have seen a behavior escalate.
- Describe how the situation ended.
- Do you think that something could have been done differently in this situation to make it better? What **de-escalation** skills would have been helpful?

## Take a Stand: Mental Health and Healing

Now that you've learned some more about being a social worker and that this career entails **active listening** and **de-escalation skills**, take a moment to reflect on your own actions.

- How do you usually handle conflict?
- What is one goal you have to improve your **active listening** and communication skills.