



MENTAL
HEALTH
FIRST AID[®]

PEYTON

SCENARIO CARDS

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

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PEYTON SCENARIO 1



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Peyton's Story

Peyton is a 14-year-old who just never seemed to fit in. She doesn't have a lot of friends, often seems to struggle to find people to sit with at lunch, is usually selected last in PE, and is picked on by Chris, a boy who likes to make a public display of his comments. She has a few close friends, and other kids don't seem to pick on her, but they avoid Peyton so that Chris doesn't turn his attention on them. You've noticed that Peyton seems less outgoing lately and does not engage as much as she used to in group activities.



GROUP DISCUSSION: You are a teacher's aide at Peyton's school. How would you approach her?

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SCENARIO 2



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Peyton's Story

Peyton seems embarrassed that you've noticed that she gets picked on. She tells you everything is okay, pointing out that her grades are good, she just got a role in the school play, and she just placed in the state art contest. As you talk, however, she begins to open up about just wanting to disappear when Chris starts picking on her.

As the conversation continues, Peyton seems relieved to have someone to talk to. She eventually admits to “playing sick” a lot recently to avoid going to school — and thus avoiding Chris. She says she's having trouble concentrating and shares that she got a lower than usual grade on her algebra test last week. She's even thinking of dropping out of the school play, because she's afraid that it will only give Chris more reason to pick on her.

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SCENARIO 3



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Peyton's Story

A few weeks later the group goes swimming and you see several cuts on Peyton's thighs. You pull her aside to ask what happened and she starts to tell you a long, complicated story about falling. You note that the cuts don't look like injuries from a fall, and that some look infected. She eventually admits that she's been cutting herself.