

H a r m f u l l s

Worksheet 3:

“Recognizing Red Flags” The Importance of Speaking Up

Objective: Learn to identify when something doesn’t feel right and how to respond safely.

Story Focus: Claire’s declining mental health and the growing tension at home

1. Reflection Questions:

- What were some signs that Claire was starting to struggle emotionally?
- Why might Claire have felt like she couldn’t speak up sooner?
- How do small disruptions and manipulations add up over time?
- What impact did Terry’s constant presence have on Claire’s mental health and sense of control?
- Can you think of a time when someone’s behavior slowly affected your mood or stress level without you realizing it right away?

2. Group Discussion:

- What are some “red flags” in relationships or environments that could signal emotional manipulation?
- What resources should someone seek if they feel overwhelmed or manipulated?
- Why is it sometimes hard to recognize manipulation when it’s happening to you?
- How can friends or trusted adults help someone who might be in a manipulative situation?

3. Write It Out (Optional):

- Write a PSA (public service announcement) for teens on how to ask for help when something feels wrong—at school, at home, or in relationships.