



TALKING TO FRIENDS ON YOUR CELL PHONE

Behaviors That Are EXPECTED

Behaviors, feelings, and consequences are listed in categories in arbitrary order. There is not a one-to-one correlation between the information listed in each column. For example, whatever behavior is listed first does not have to match to the first emotional reaction or the first consequence, and so on.

Expected Behaviors	How They Make Others Feel	Consequences You Experience	How You Feel About Yourself
<ul style="list-style-type: none"> • Put away cell phone with personal possessions during class. • Make calls only when it is acceptable to do so at school. Check with other kids to figure out the rules. Many schools tell you cell phones are not allowed, but they allow students to use them during breaks. The stated rules may not be the real rules! • Call a person to show you are interested in them. Ask them about their day, find out what their plans are for the weekend, ask if they want to get together to "hang out". • Call a person back if they have called you. • Call people to clarify homework assignments, even if you do not know the person well. • If you call people for help, also make sure you "chat" with them, ask them about their day, and be sure you thank them for their help. • Avoid using your cell phone when in restaurants. 	<ul style="list-style-type: none"> • Calm • Friendly • Happy • Helpful <p style="text-align: center;">→</p>	<ul style="list-style-type: none"> • People are friendly since you have shown you are interested in them. • People may give you a call back. • People have a nice tone in their voice. • People may call you to ask for help. <p style="text-align: center;">→</p>	<ul style="list-style-type: none"> • Pleased • Calm • Included • Happy




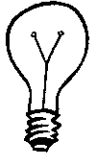


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Behaviors That Are UNEXPECTED

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Unexpected Behaviors	How They Make Others Feel	Consequences You Experience	How You Feel About Yourself
<ul style="list-style-type: none">• Cell phone out on the desk during class.• Making or receiving calls during class time or during times at school when you are not allowed to do so.• Calling a person over and over again, even if they don't return your calls or tell you they are too busy to talk when you call them. (They are indirectly trying to tell you they don't want to talk).• Not calling classmates to ask for help or clarification on an assignment, especially when you are part of a group project.• Calling friends to talk when with family at restaurants or on family outings.• Refusing to call a person who has called you only because you are too anxious to talk on the phone.	<ul style="list-style-type: none">• Teachers are angry or frustrated• Annoyed• Irritated• Worried about your intentions• Angry <p style="text-align: center;">→</p> <p style="text-align: center;"></p>	<ul style="list-style-type: none">• Angry words, angry faces, from adults in class.• People may ignore you.• Angry face when you see the person you were calling too much.• People may talk badly about you to others, or tell others you are stalking or harassing them.• Receive angry calls back.• People don't call you back at all. <p style="text-align: center;">→</p>	<ul style="list-style-type: none">• Sad• Angry• Stressed• Not Included• Upset



STUDYING

Behaviors That Are EXPECTED

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Expected Behaviors	How They Make Others Feel	Consequences You Experience	How You Feel About Yourself
<ul style="list-style-type: none"> • I know that doing well on tests IS homework and that I HAVE to put it into my regular homework time. • I know studying takes lots of "brain energy" so I start to study for a test as soon as the teacher tells us it is going to happen. That way, I don't have to study all at once and it is easier! • I do the parts of homework FIRST that are the hardest and I like the LEAST because I get them out of the way – then the rest of the homework is a "piece of cake"! • Since I have trouble writing or do not know HOW to take notes, I arranged to have another students' who takes GREAT notes make copies for me each day. Then I review the notes from that day and highlight the important "stuff" with my highlighter marker. 	<ul style="list-style-type: none"> • Proud • Confident in you • Relaxed • Pleased <p style="text-align: center;">→</p>	<ul style="list-style-type: none"> • Teachers know I am doing my best and are more eager to help me, especially since I ask them questions before the tests. • I learn the material better because I learn it in small chunks. My parents and teachers know that I am trying my best to do well. • My parents can see that I am making good choices and they are relaxed and say nice things to me. They are NOT nagging me anymore! • The teachers know that I am not using my trouble with writing as an excuse for not doing well on my tests. They are willing to help me more. 	<ul style="list-style-type: none"> • Proud • Pleased • Calm • Responsible





STUDYING

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Unexpected Behaviors	How They Make Others Feel	Consequences You Experience	How You Feel About Yourself
<ul style="list-style-type: none"> • I do not consider studying as part of "homework" so I don't plan for it. • I either study the night before or the morning of most of my tests. • I put off studying for tests because I just hate it! • I don't take notes on the "stuff" I read in my books (takes too long or I have lots of trouble with writing), so I don't really have anything to study when I have a test. • I think I remember everything. No need to study. 	<ul style="list-style-type: none"> * Frustrated • Annoyed • Disappointed • Worried 	<ul style="list-style-type: none"> • Poor test grades so teachers feel I am not learning and they are not doing a good job of teaching • My grades are poor or are lower than I am capable, of so parents are nagging me about tests all the time. • Teachers tell you that you WERE taught how to study and your parents say the same thing. They don't know why you didn't learn it. • Fellow students know that I am not doing so well in the classes and may look at me as someone who doesn't care about school very much. 	<ul style="list-style-type: none"> • Disappointed in myself • Stupid • Frustrated

