



CARD 1 · FRIENDSHIP

The new team

Lara and Maya have been best friends since Grade 7. Since Lara joined the basketball team, Maya keeps saying “You’ve changed, you don’t care about me anymore,” and sulks whenever Lara spends time with her teammates.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 2 · DATING

Only me

Nour tells her boyfriend Karim he can’t see his friends on weekends because “if you really loved me, you’d only want to be with me.” When he went to his cousin’s birthday anyway, she didn’t speak to him for three days.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 3 · PEER PRESSURE

Just try it

At a gathering, Jad’s friends keep pushing him to try vaping. When he says no, they call him a baby and say they won’t invite him next time.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 4 · FRIENDSHIP

Your choice

Rami tells his friend Ali he wants to study art instead of engineering. Ali says he’s worried about job options, then adds: “It’s your decision, and I’ll support you either way.”

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 5 · FAMILY

The diary

Sara's older brother read her diary and joked about it at the dinner table in front of the family. When she got upset, he told her she was too sensitive.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 6 · DATING

It won't happen again

During an argument at school, Tarek grabbed his girlfriend Yasmine's arm hard. Later he apologized and brought her a gift, saying it would never happen again. It has happened once before.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 7 · CLASSMATES

Just joking

Every day, a group of classmates makes "jokes" about Hadi's accent and clothes. Hadi laughs along, but he has started eating lunch alone in the library to avoid them.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 8 · FRIENDSHIP

Let down

Dana forgot she promised to help Lea study for an exam. Lea tells her she felt let down. Dana listens, apologizes without making excuses, and they set a new time.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling