



RAD

Activity 9

For each scenario, identify how the person can use the strategy **Taking Notice: Looking Around**, so they don't get stuck by their RoAD Blocks. For each one, what would be a RAD move and a notRAD move?



Scenario
This person is playing video games and talking to friends. She values having fun and friendship. She has been struggling with uncomfortable thoughts that her friends maybe don't like her and has thought about not joining in to play.

Scenario
The youth is hanging out with a large groups. They always worry that they might say something that others think is stupid or that they will embarrass themselves. They value having fun and friendship.

Possible RoAd Blocks:

Possible RoAd Blocks:

How can they use Taking Notice:

How can they use Taking Notice:

Possible RAD

Are they making RAD Moves or NotRAD Moves?



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Scenario
The youth is putting together some furniture for their parents. They are frustrated because it isn't going well and they also want to be hanging out with their friends right now. They value family and friendship.

Scenario
This person is completing some homework. They value having fun and having time to themselves. They are tired of doing this work as they don't like the subject or the work.

Possible RoAd Blocks:

How can they use Taking Notice: Looking Around.

Possible RoAd Blocks:

How can they use Taking Notice: Looking Around.

Are they making RAD Moves or NotRAD Moves?

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