

**Want to  
join?**



**Wish you  
could ask?**



**Bored of  
games?**



**Need to  
talk it out?**



## University of Miami's Talk

**Put a positive spin on  
your social life!**

**What:** Research program!

**Where:** Your school

**When:** Group meetings once a  
week during the Spring Semester

This research is designed to create a group program in your school that will help improve social skills and communication. Students who sometimes feel worried, sad or unsure about their social relationships will qualify.

For more information call 305-284-6986

## **Workshop Title:**

### **UTalk: An Interpersonal Approach to Preventing Adolescent Social Anxiety and Depression and Reducing Peer Victimization**

Annette M. La Greca, Ph.D., ABPP  
(see: [https://www.researchgate.net/profile/Annette\\_La\\_Greca](https://www.researchgate.net/profile/Annette_La_Greca))

## **Handouts**

1. Closeness Circle and Sample Relationship Questions
2. Ratings for Depression
3. Weekly Mood Ratings
4. Ratings for Social Anxiety
5. Weekly Social Anxiety Ratings
6. Communication Techniques
7. Friendship Scenarios
8. Peer Victimization Scenarios

## **Key References**

- La Greca, A.M., Ehrenreich-May, J., Mufson, L., & Chan, S. (2016). Preventing adolescent social anxiety and depression and reducing peer victimization: Intervention development and open trial. *Child and Youth Care Forum, 45*, 905-926. DOI 10.1007/s10566-016-9363-0
- La Greca, A.M., & Harrison, H.M. (2005). Adolescent peer relations, friendships, and romantic relationships: Do they predict social anxiety and depression? *Journal of Clinical Child and Adolescent Psychology, 34*(1), 49-61.
- Landoll, R. L., La Greca, A.M., Lai, B.S., Chan, S., & Herge, W. (2015). Cyber victimization by peers: Prospective associations with adolescent social anxiety and depressive symptoms. *Journal of Adolescence, 42*, 77-86. DOI:10.1016/j.adolescence.2015.04.002
- Young, J.F., Mufson, L., & Davies, M. (2006). Efficacy of interpersonal psychotherapy-adolescent skills training: An indicated preventive intervention for depression. *Journal of Child Psychology and Psychiatry, 47*(12), 1254-1262.
- Young, J.F., Mufson, L., & Gallop, R. (2010). Preventing depression: A randomized trial of interpersonal psychotherapy-adolescent skills training. *Depression and Anxiety, 27*(5), 426-433.

## **Other Readings of Interest**

- Mufson, L.H., Dorta, K.P., Moreau, D., & Weissman, M.M. (2011). *Interpersonal psychotherapy for depressed adolescents (2<sup>nd</sup> Edition)*. New York: Guilford Publications, Inc.
- Young, J.F., Mufson, L., & Schueler, C.M. (2016). *Preventing adolescent depression: Interpersonal Psychotherapy-Adolescent Skills Training*. Oxford University Press.

## ***Relevant Videos and Books on Interpersonal Approach***

### ***Videos***

1. Myna Weismann, PhD - Presents brief overview of Interpersonal Psychotherapy

<https://www.youtube.com/watch?v=HrClyDVL43I>

2. Laura Mufson, PhD, and Jami Young, PhD, describe and present techniques of interpersonal psychotherapy for adolescents (IPT-A) and demonstrate core components through role-plays and demonstrations.

Available from:

<https://effectivechildtherapy.fiu.edu/course/view.php?id=42>

Video of the workshop and slides

3. Other

See List of Keynotes and Workshops on Effective Child Therapy by Topic

<http://effectivechildtherapy.fiu.edu/professionals>

One in the group on depression: is by John Curry: Evidence based treatment of depression in adolescents

<https://www.youtube.com/watch?v=UYnojA9qEhI&list=PLY37evDO8CnRPpDD2MAx8WiE9Aq9PBdtt&index=9>

He starts talking about IPT at minute 14 to 21 (7 minutes total) of the presentation

### ***Books***

1. **Interpersonal Psychotherapy for Depressed Adolescents (Second Edition)**

Laura H. Mufson, Kristen Pollack Dorta, Donna Moreau, and Myrna M. Weissman

Available from Guilford Press; <https://www.guilford.com/author/Laura-H-Mufson>

Also available at AMAZON.COM; <https://www.amazon.com/Interpersonal-Psychotherapy-Depressed-Adolescents-Second/dp/160918226X>

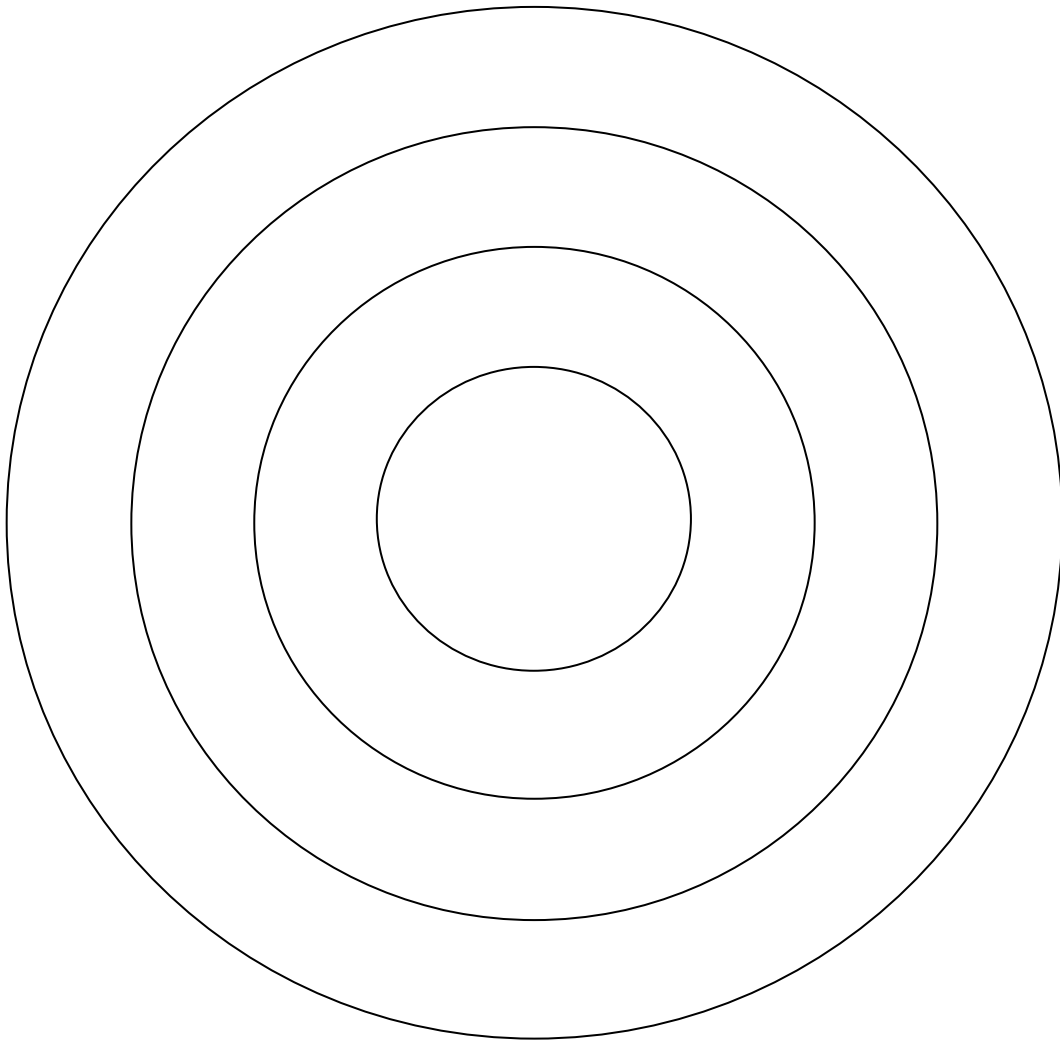
2. **Preventing Adolescent Depression: Interpersonal Psychotherapy-Adolescent Skills Training by:** Jami F. Young, Laura Mufson, & Christie Schueler.

Available at Amazon.com.

See: [https://www.amazon.com/Preventing-Adolescent-Depression-Interpersonal-Psychotherapy-Adolescent/dp/019024318X/ref=sr\\_1\\_2?s=books&ie=UTF8&qid=1495472779&sr=1-2&keywords=laura+mufson](https://www.amazon.com/Preventing-Adolescent-Depression-Interpersonal-Psychotherapy-Adolescent/dp/019024318X/ref=sr_1_2?s=books&ie=UTF8&qid=1495472779&sr=1-2&keywords=laura+mufson)

Adolescent/dp/019024318X/ref=sr\_1\_2?s=books&ie=UTF8&qid=1495472779&sr=1-2&keywords=laura+mufson

# *Closeness Circle*



## *Relationship Questions*

- What do you do together?
- How do you get along with \_\_\_\_\_?
- How do you feel when you are with that person?
- What do you like about \_\_\_\_\_?
- What don't you like about \_\_\_\_\_?
- Have you ever told \_\_\_\_\_ how you feel?
- If no, what stops you?
- Are there things that you don't agree on? What are they?
- When you have an argument with \_\_\_\_\_ how does it get resolved?
- Have you ever felt picked on by \_\_\_\_\_?
- Do you ever feel left out or excluded by \_\_\_\_\_? How so?
- Have you ever
- Have you ever been embarrassed by \_\_\_\_\_? If so, how?
- Do you communicate with \_\_\_\_\_ via texting, Facebook, or some other electronic source? If so, how?
- Do you share photos on Instagram or by texting?
- What does \_\_\_\_\_ do to support you?
- Have you noticed any changes in this relationship since you've been feeling sad or anxious?
- Are there things about the relationship that you would like to change?
- How would you feel if those things were different?

*Depression  
Weekly Scale*

ID : \_\_\_\_\_

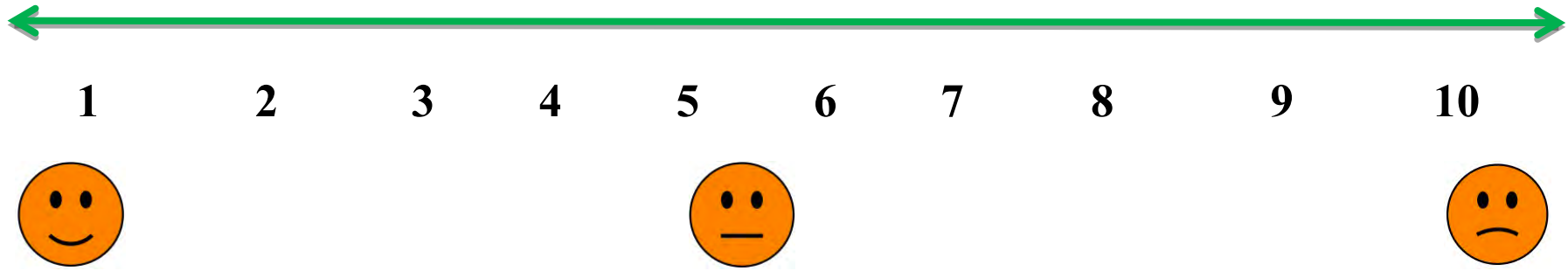
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

SYMPTOMS OF DEPRESSION

During the past week...

- |   |     |    |           |
|---|-----|----|-----------|
| 1. Have you felt sad a lot?   | Yes | No | Sometimes |
| 2. Have you felt hopeless that things will never get better?            | Yes | No | Sometimes |
| 3. Have you gotten mad easily, sometimes over little things?            | Yes | No | Sometimes |
| 4. Has it been difficult to have fun doing things you used to enjoy?    | Yes | No | Sometimes |
| 5. Have you felt guilty about little things that may not be your fault? | Yes | No | Sometimes |
| 6. Have you felt more or less hungry than you used to?                  | Yes | No | Sometimes |
| 7. Have you had trouble falling asleep or staying asleep?               | Yes | No | Sometimes |
| 8. Have you taken lots of naps or felt like sleeping all the time?      | Yes | No | Sometimes |
| 9. Have you had less energy than you used to?                           | Yes | No | Sometimes |
| 10. Have you felt bad about yourself?                                   | Yes | No | Sometimes |
| 11. Has it been difficult to pay attention in school?                   | Yes | No | Sometimes |
| 12. Has it been hard to make decisions?                                 | Yes | No | Sometimes |
| 13. Have you had headaches or stomachaches a lot?                       | Yes | No | Sometimes |
| 14. Have you wished you weren't born or you could just disappear?       | Yes | No | Sometimes |
| 15. Have you thought about hurting yourself?                            | Yes | No | Sometimes |

USE THE FOLLOWING SCALE OF 1-10 TO ANSWER THE QUESTIONS BELOW.  
1 IS THE BEST YOU'VE EVER FELT AND 10 IS THE MOST DEPRESSED YOU'VE EVER FELT.



RATE YOUR CURRENT MOOD: \_\_\_\_\_

RATE YOUR BEST (across the past week): \_\_\_\_\_ WHY WAS IT YOUR BEST MOOD? \_\_\_\_\_

WHAT INTERPERSONAL EVENT WAS RELATED TO YOUR BEST MOOD: \_\_\_\_\_

RATE YOUR WORST (across the past week): \_\_\_\_\_ WHY WAS IT YOUR WORST MOOD? \_\_\_\_\_

WHAT INTERPERSONAL EVENT WAS RELATED TO YOUR WORST MOOD: \_\_\_\_\_



*Social  
Anxiety  
Weekly Scale*

## SYMPTOMS OF SOCIAL ANXIETY

During the past week, have you...

1. Worried about what others think of you?	Yes	No	Sometimes
2. Worried about what others say about you?	Yes	No	Sometimes
3. Been afraid that others will not like you?	Yes	No	Sometimes
4. Felt that peers talk about you behind your back?	Yes	No	Sometimes
5. Felt that others make fun of you?	Yes	No	Sometimes
6. Felt uncomfortable or avoided social situations because you might do something embarrassing or look foolish?	Yes	No	Sometimes
7. Felt uncomfortable or avoided social situations because you might be left out or excluded by others?	Yes	No	Sometimes
8. Felt uncomfortable or avoided social situations because you might not know what to say or do?	Yes	No	Sometimes
9. Felt uncomfortable or avoided social situations because you don't know the other people there very well?	Yes	No	Sometimes
10. Felt uncomfortable or avoided social situations because some people are there who you feel uncomfortable around?	Yes	No	Sometimes
11. Felt nervous when you are around other peers or adults and you've had to do something while they watch you (for example: read aloud, speak, eat, play a sport)	Yes	No	Sometimes
12. Worried about doing something new in front of others?	Yes	No	Sometimes
13. Felt shy around people you don't know?	Yes	No	Sometimes
14. Only talked to people you know really well?	Yes	No	Sometimes
15. Become nervous when you talk to peers you don't know very well?	Yes	No	Sometimes
16. Felt nervous when you meet new people?	Yes	No	Sometimes
17. Been quiet when you're with a group of people?	Yes	No	Sometimes
18. Felt shy even with peers you know well?	Yes	No	Sometimes
19. Felt nervous when you're around certain people?	Yes	No	Sometimes
20. Felt worried when you think someone is angry with you?	Yes	No	Sometimes
21. Felt afraid if you have to talk in front of your class?	Yes	No	Sometimes

USE THE FOLLOWING SCALE OF 1-10 TO ANSWER THE QUESTIONS BELOW.  
1 IS THE BEST YOU'VE EVER FELT AND 10 IS THE MOST SOCIALLY ANXIOUS YOU'VE EVER FELT.



1            2            3            4            5            6            7            8            9            10



RATE YOUR CURRENT SOCIAL ANXIETY: \_\_\_\_\_

RATE YOUR BEST (across the past week): \_\_\_\_\_ WHY WAS IT YOUR BEST? \_\_\_\_\_

WHAT INTERPERSONAL EVENT WAS RELATED TO YOUR BEST: \_\_\_\_\_

RATE YOUR WORST (across the past week): \_\_\_\_\_ WHY WAS IT YOUR WORST SOCIAL ANXIETY LEVEL ? \_\_\_\_\_

WHAT INTERPERSONAL EVENT WAS RELATED TO YOUR WORST: \_\_\_\_\_

## APPENDIX

### Communication Techniques

1. ***Strike while the iron is cold.*** *Pick the right time to have a conversation – whether in person or via phone/text! Having a conversation when one or both of you is angry or upset often leads to saying things that you later regret. You can have a much more constructive conversation if you choose to have the conversation once you have both calmed down. Finding the right time to have a conversation doesn't only mean not talking when you are angry. You also want to find a time when the other person isn't busy or distracted by something else. That way, the person can give you their full attention.*
2. ***Using "I feel" statements.*** *I feel statements tell the other person how you are feeling. Often when we argue with someone we say things like, "You are so rude." This blames the person and is not very clear. It is more effective to say, "I feel angry when you interrupt me when I am talking to you. I feel like you don't care about what I am saying when you interrupt."*
3. ***Be specific when talking about a problem.*** *Avoid saying things like "you always" or "you never". It is very unlikely that someone always or never does something. It makes the other person feel bad and makes him/her less likely to listen to what you are saying. Also, in general, you should try to *focus on the present*, rather than bring up things that happened a long time ago.*
4. ***Put yourself in their shoes.*** *Understanding another person's perspective, while acknowledging your own feelings, makes it easier to come to a compromise. Remember just because you understand another person's perspective, *doesn't mean you agree*. But it is helpful to start a conversation by acknowledging the other person's feelings or needs. Putting yourself in someone else's shoes involves two steps: 1) thinking about how the other person feels and 2) communicating that to them as a way to diffuse the argument.*
5. ***Have a few solutions in mind and be willing to compromise.*** *If you want to work something out, do a little prep work. Come up with 3-4 possible compromises to resolve the conflict. For instance, if your parent calls you every five minutes on your phone when you are out with friends, come up with some compromises, such as you calling every hour, calling when you leave your friends to go to the movie, calling if your plans change, etc. Or, if your friend doesn't seem to have time for you on weekend nights (because of boy/girlfriend), try to find some weeknights where you can study together or attend afterschool activities, or plan a daytime activity for the weekend. Remember, it is not "my way or the highway!" Let adolescents know that they will feel better if they get something, rather than having "all or nothing."*
6. ***Know when to hold'em, know when to fold'em.*** *If it is not possible to work things out, know when it's best to move on. For example, if a friend repeatedly ignores you, leaves you out, or tries to embarrass you with others, even though you have talked about this in a calm manner and tried to work it out, it may be time to focus on other friends who you*

can spend time with. By clarifying communication and perspective-taking, you can better assess the best option for the relationship.

7. ***Remember...don't give up.*** Changing the way we communicate is not easy. But if you keep working, you will see a difference.

### APPENDIX III – Friendship Scenarios

The following scenarios focus on making and keeping friends and could be useful in session 7, which focuses on Friendships and Social Support. However, they may be used throughout the course of the intervention as examples of interpersonal scenarios.

- 1) Ria changed schools this year and is slowly starting to meet new people. When she walks into the cafeteria at lunchtime, she sees some classmates eating and talking at a table nearby. She starts to walk towards them to ask if she can sit with them, but then gets too nervous and just walks by.
- 2) A couple months ago, Andrea's school started a drama club. Andrea loves to act but doesn't know if it's too late to join the club. She's worried that it will be weird to join late, since everyone probably knows each other already. She doesn't want to be the odd one out if everyone else is already friends. She also doesn't want to be behind and "out of the loop."
- 3) You and Tyler have been best friends since kindergarten. You live across the street from one another, have always been in the same class, and have lots of friends in common. In the past month or two, though, Tyler's been spending most of his time with new lacrosse friends and doesn't seem to have as much time for you. You're starting to feel excluded and left out, like you don't have your best friend anymore.
- 4) Your mom gave you four tickets to see the new movie coming out on Friday. You can only invite three other people, but you're not sure who to take with you. You know you'll invite your best friend, Olivia. But if you also invite Sandy, you have to invite her best friend Emilia. If you do that, Olivia will get mad at you, because she's been saving a seat at lunch for you every day this year.
- 5) Your friend has been ignoring your text messages for weeks and refuses to make eye contact with you in the hallway. You're not sure why. What can you say? Pick someone to play your friend.
- 6) Ashna is a 16-year-old girl. For the past few weeks, her best friend has not wanted to hang out with her. Ashna is worried that her friend is talking about her behind her back to their other friends, even though her other friends tell her that this is not the case. Ashna recently stopped going to the mall and restaurants where her friends usually hang out, because she's worried that her best friend may be there and will start talking about her to more people. When her mom asks her to go to the mall with the family, Ashna starts to feel anxious.
- 7) Sofia is a 15-year-old girl. Sofia found out today that some of her friends had formed a biology study group and did not invite her to join. Sofia learned that they meet on Tuesdays and Thursdays after school, and they often go out to dinner after. Although Sofia has an A in Biology and doesn't need any extra help, she feels left out and is worried that her friends no longer want her around.
- 8) Emily has a large group of friends and is popular in school, but her parents do not let her go out on weeknights. Recently, Emily has received many text messages inviting her to various

parties being thrown throughout the week. Emily feels pressured to go to parties behind her parents back because she doesn't want everyone in the group chat to know that she isn't allowed to go.

- 9) Jason fears his friend Max doesn't like him as much as he used to. Recently, every time Max takes a picture with Jason he doesn't post the photo on Instagram, but when Max takes a picture with his other friends, he is sure to post the photo immediately. Jason feels left out and as if Max doesn't feel comfortable being friends with him. Jason thinks that Max doesn't want others to know about their friendship because he isn't cool enough.
- 10) Jose is a 17-year-old boy. When he started at a new school this year, he heard a rumor being spread about him that he was kicked out of his old school. For the past month, he's been having lunch in the library instead of the cafeteria. Jose's worried that if he goes to the cafeteria, more people may hear the rumors about him. Now that he's been eating in the library for a month, he has no one to eat with at lunch. He's worried that if he starts to eat in the cafeteria, people will start calling him a loser for eating alone.
- 11) You find out your two best friends have made plans for the weekend but they haven't invited you. What can you do? Pick two people to play your friends.
- 12) You planned a big get together for your birthday) last weekend but your friend Alex bailed at the last minute. You are so angry because Alex had promised to be there, but ended up hanging out with another friend instead. You and Alex haven't talked all week. You've been avoiding Alex and think it would be easier to never talk again than to have to talk about what happened.
- 13) Last week you got in a major fight with your two best friends. Now you feel like you can't eat lunch with them or hang out at the mall where you used to go together. You're not sure who to eat with now at lunch, and it makes you uncomfortable feeling like everyone is looking at you. You're also upset about not having activities to do after school, since going straight home is boring.
- 14) You and Sarah have been friends since last year, but today you found out that Sarah has been talking to your ex-boyfriend, Sam. You like Sarah and want to keep being friends with her, but you are hurt that she's flirting with Sam even though she knows that you used to date him.
- 15) You and your friend have been texting back and forth. Suddenly, they stop responding after you make a silly comment about your math class. You anxiously wait all day for your friend to reply to your message, but they never respond. You begin to worry that you somehow offended them even though you had been bantering all day. You can't stop thinking about what you could have done wrong and worry that they won't want to be your friend anymore.

## APPENDIX IV – Peer Victimization Scenarios

The following scenarios focus on peer victimization experiences and could be useful in session 8, which focuses on Handling Peer Harassment and Cyber Experiences. However, they may be used throughout the course of the intervention to illustrate communication analysis and interpersonal techniques.

1. Savannah is a 17-year-old girl. She had taken some “sexy” pictures of herself and sent them to her boyfriend. When they broke up, her boyfriend sent all her pictures to everyone he knew. Now, it seems like almost everyone has seen her pictures.
2. Last week, someone started a rumor that Naomi slept with her best friend’s ex. It spread like wildfire and now the whole school knows about it. Naomi has tried telling people that it’s not true but doesn’t know what to do. So many people already believe the rumor and think Naomi is lying when she tries to clear things up.
3. You are scrolling through Instagram when you see that someone has created a finsta account for your best friend. The page features multiple embarrassing pictures of your friend, and you’re not sure if they know that the page exists. You’re not sure if you should tell them, or if it might be better to just not say anything. You also know the people who made the page, and you’re not sure how to bring up the issue with them because you don’t want them to think you’re ratting them out.
4. One of your close friends will not stop teasing you. He keeps picking on things that he knows you are embarrassed about. For example, he keeps calling you “munchkin” because you’re short, but you don’t want him to call you “munchkin.” He also calls you “cone head” and “stupid.” When you tell him to stop, he says he’s just messing with you.
5. Jesse is starting to fall behind in his biology class. The material is hard, and Jesse feels like his teacher explains things too quickly. On top of that, two boys in the class laugh whenever he raises his hand to ask a question. Jesse wants to talk to his teacher about the problems he is having but is not sure what to say and how to say it.
6. Alex overheard his friends talking excitedly about a party happening this weekend that he wasn’t invited to. How might he react? How might he feel about the situation?
7. Anisha’s friend has been gossiping about her behind her back to turn her friends against her. How might she react? How might she feel about the situation?
8. Anne saw that a rumor is being spread about her on Twitter. How might she react? How might she feel about the situation?
9. You find out your two best friends have made plans for the weekend, but they haven’t invited you. What can do you? Pick two people to play your friends.
10. Karina is a 17-year-old girl. She confided in her friend that she cheated on her boyfriend. Karina just found out that her friend told this to several other people. Karina tries to avoid



talking to these people because she is afraid that the topic will come up in their conversation. She is worried about what others think about her.

11. Brian is a 16-year-old boy. Recently his friends have been calling him mean names like “Crater Face” and “Chicken Pox” due to his acne. Brian has been to the doctor multiple times about his acne and is very sensitive about his appearance. Brian is anxious that other students won’t want to be his friend if they know him as “Crater Face” or “Chicken Pox”; further, he is afraid that the girl he likes won’t want to date him if everyone at school is making fun of his acne.
12. Pablo is a 15-year-old boy. Somebody has been sending him anonymous text messages when he is in his math class, making fun of how he looks and what he is doing at that exact moment. Pablo feels nervous when he is in class because he cannot figure out who is sending him the mean text messages.
13. Vanessa received a private message on Facebook from a classmate, calling her mean and insulting names. How might Vanessa react? How might she feel?
14. Your friend is teasing you constantly, to the point that it’s no longer funny. What can you say? Pick someone to play your friend.
15. Henry spilled his drink in his lap at lunch, and now his friends keep telling everyone that he peed his pants. How might he react? How might he feel about the situation?
16. Your friend initiates a Snapchat conversation with you, only to put you down and say mean things. What can you do? Pick someone to play your friend.
17. Claire is a 17-year-old girl. Last week she received a text message from an unknown number saying that it was Rob from math class, whom Claire has had a crush on. They begin to text, and Claire shares some intimate secrets with him and expresses her feelings towards him. The next day in school she finds out that one of her close friends, Jessica, had been texting her as Rob. She also found out that screenshots of the conversation had been taken and they were all posted online.
18. Michael, the most popular kid in school, starts to sell marijuana in his senior year. He Facebook messages Andrew, a junior, asking if he and his friends want to buy some. Andrew starts to spread the message around. Since Michael is on the football team and could be kicked off for this kind of thing, he threatens Andrew that he will beat him up. Now, Andrew is afraid to walk around school.
19. Melissa posts embarrassing pictures of Casey on Instagram while she’s eating, even though Casey asked her not to. Casey texts Melissa immediately after seeing them and kindly asks her to remove them. Melissa thinks it’s funny and refuses to remove the pictures. Casey pretends like it’s not that big of a deal but inside is mortified.
20. Jason fears his friend Max doesn't like him as much as he used to. Recently, every time Max takes a picture with Jason he doesn't post the photo on Instagram, but when Max takes a picture with his other friends he is sure to post the photo immediately. Jason feels left out

and as if Max is embarrassed to be friends with him. Jason thinks that Max doesn't want others to know about their friendship because he isn't cool enough.

21. Robert is 17 years old. He and his friends often use Snapchat to communicate with each other. Robert noticed that one of his friends, Frank, created a private Snapchat story but didn't include Robert on it. Robert thought nothing of it until Frank created another Snapchat story and posted pictures from a party in which all of his other friends were involved. It became obvious that Frank was trying to exclude Robert and that Robert's other friends were following Frank's lead.
22. Brian is 17 years old and had always been bullied at school because he was different than other boys his age, but he was uncomfortable with his sexuality. When someone secretly videotaped him with another boy and posted it on YouTube, he was devastated. Brian did anything he could to avoid going to school and facing all of his classmates, who would have seen the video.
23. Samantha is 16 years old and started breaking out with acne, especially on her chin. Samantha's friend liked David, but David started liking Sarah. When Samantha's friend found out, she used Photoshop to exaggerate Sarah's acne and posted it on Facebook with the caption and "Sarah has Herpes!" All of Sarah's classmates saw the picture and rumors spread all over school.
24. Natalie is a 15-year-old girl. She went to her locker to get a few books for her next class and saw that there was a paper that was slipped through to her. When she looked at the paper it was a picture of her face that had been photoshopped on to a nude body.
25. Stephanie is a 17-year-old girl. She receives a voicemail from her friend Amanda. When she listens to the voicemail, she thinks to seem her friend accidentally called her, all she heard was a group of girls talking in the background. She realizes that the group of girls is talking bad about Stephanie saying that she is a "slut" and "a bad friend".
26. John is 14 years old, and he started receiving anonymous emails calling him "fat," "ugly," and threatening to hurt him physically. The first week, John only received one or two emails, but he started getting more and more. He didn't know exactly who was sending the emails, but he guessed they were from Mark and his group of friends, classmates who did not like John. John wasn't sure what to do. Should he approach Mark? Should he tell a parent or an adult at school?
27. Cara is 15 and active on Twitter. She loved to keep her friends updated on what was going on in her life and all the places she went. Thomas, a boy she didn't know very well, sat next to her in homeroom and started asking her about some of the things she posted about herself. If she saw him in the hall, he would always stop her and ask her about something she posted recently. It got to the point where she knew Thomas must be constantly checking her Twitter account several times a day.