

Tweens: Friendship and Emotions | Example

Jordan and the Unanswered Message

Tweens ages 10-12 | 5 to 8 minutes | Handout

See a fictional tween check a guess and choose a manageable response.

This is a fictional example. Jordan, age eleven, asks two friends about sitting together at lunch. One friend sees the message but neither replies that evening. Jordan thinks, "They do not want me there."

How to use this page

Read the example without deciding what Jordan should feel. Pause to notice which parts are known and which are guesses. You may disagree with Jordan's choice.

Sorting the moment

Jordan writes: Event: no reply tonight. Feelings: embarrassed and worried. Guess: they do not like me. Other possibilities: someone was busy, forgot, or did not know the plan. Jordan still feels worried after making the list.

Making a plan

Jordan decides to ask one friend privately the next morning: "Are we still sitting together?" Jordan also asks a trusted adult where to sit if plans change. The adult listens without demanding to read every message.

PK02-02 | continued

An ordinary ending

The friend says they had not checked the plan and suggests a table. Jordan chooses to go but asks for clearer plans next time. This ending is only one possibility. If the reply had been hurtful or there had been a pattern of exclusion, Jordan could ask an adult for more support instead of trying to solve it alone.

1. Which choice could Jordan change to fit a different situation?**Facilitator notes and adaptation**

The example illustrates uncertainty, not bullying. Clearly distinguish it from repeated or targeted mistreatment. Do not promise that asking a question will lead to reassurance or acceptance.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA02 | Centers for Disease Control and Prevention | Positive Parenting Tips: Middle Childhood

https://www2c.cdc.gov/podcasts/media/pdf/PosParenting_MidChildhood.pdf

PK02-02 | continued

PA03 | StopBullying.gov / U.S. Department of Health and Human Services | What Kids Can Do

<https://www.stopbullying.gov/kids/what-you-can-do>

PA04 | Centers for Disease Control and Prevention | Tips for Coaching Teens to Recognize and Manage Emotions

<https://www.cdc.gov/parenting-teens/tips-coaching-emotions/index.html>