Role-Play Situations Related to Making Requests

Example Situations for Children

- You would like to borrow a friend’s new videogame.
- You would like to ask your father if you can stay overnight at a friend’s house.
- You would like to ask a neighborhood friend to play a sport with you.
- As you board a bus to go downtown, you realize that you need to borrow a quarter.
- You would like to go home with some friends who are getting a ride home from school.
- You would like to work with a classmate on a project.
- You are contacting the local recreation center to learn about an upcoming tryout.
- You stop by a few neighbors’ homes to learn if they have seen your bike.
- You see some friends playing ball down the street and would like to play with them.
- You want to ask a classmate if they have the homework assignment for today.

Resource: Kolko, D. & Cupit Swenson, C. Harborview CBT+ 03
Role-Play Situations Related to Standing Up for Oneself

Example Situations for Children

- Someone borrowed a record from you a while ago. You’ve already asked for it back once.
- You just bought a slice of pizza and got the wrong amount of change.
- While standing in the check-out line at a local store, someone cuts in front of you.
- Someone in class unfairly accuses you of talking while the teacher stepped out.
- You bought a new computer game and notice that it doesn’t work properly. You go back to the store.
- Your sister tells you it is your turn to wash the dishes. You washed them yesterday and you know it is not your turn.
- You’ve worked for your allowance. When you ask for it, your mom says that she didn’t see you do your chores.

Resource: Kolko, D. & Cupit Swenson, C.
Harborview Center for Sexual Assault and Traumatic Stress 03
Role-Play Situations Related to Making Complaints

Example Situations for Children

- You have been punished by a teacher for something you did not do.
- You purchase a shirt from a store that you later decide isn’t the right color.
- You’re involved in a serious and close basketball game, but your friend isn’t taking the game seriously.
- Your family starts to laugh at something you worked hard to make for a friend.
- A good friend of yours begins to criticize another good friend.
- You are talking to a friend while another friend is trying to distract you and get you to leave.
- You are late for a sporting event because your friend forgot to tell you that the arrangements have changed.
- You get home from the video store and find that the movie you rented is ripped.
- You are watching television and your sibling or friend keeps changing the channel.

Resource: Kolko, D. & Cupit Swenson, C.. Harborview Center for Sexual Assault and Traumatic Stress 03