



Transcript

Mia - Lesson 1, Audio 1



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'How Should I Respond?' lesson introduction.

Mia

I used to think, 'If someone does something mean to be, then I'll do the same thing right back to them'...give them a 'taste of their own medicine' - and I used to think that was fine! (pause) That was before I put that theory into practice last year and ended up in big trouble for doing something I really regret now. I've learnt my lesson - responding to unkind situations by being unkind yourself is not okay. (pause) Mikey doesn't seem to have learnt that one yet though. I mean, everyone knows that Emily picks on him constantly, and usually he just takes it. I feel sorry for him, but I don't really know him that well so I don't feel like it's my responsibility to protect him or anything. He never makes a fuss about it when we're in school...(smiling) and then he surprised everyone by retaliating in the online classroom. (pause) Deep down, there is a part of me that thinks he had every right to do what he did today...but after my experience last year, I know that he didn't make a good choice. When someone treats us badly, there are many ways that we could respond...but some of those ways aren't necessarily how we should respond. (pause) I've learnt that now, but Mikey and some of the others in my class don't seem to have learnt this lesson just yet.