

Handout 1 – The Consequence Lens Pocket Guide

Use this guide when a decision gives you enough time to think.

You do not need to answer every question.

Pick the lenses that help.

If there is immediate danger or a serious safeguarding concern, use the school safety/support route instead.

PAUSE → MAP → CHECK → CHOOSE → REVIEW

Lens	Questions	What it protects / reveals
1. NOW / NEXT / LATER	What may happen immediately? Soon? Later?	Helps me see beyond the first reward, discomfort or reaction.
2. ME / OTHERS	How could this affect me? Who else could be affected directly or indirectly?	Makes impact on other people visible without assuming I control their feelings or behaviour.
3. LIKELY / SERIOUS	What is most likely? Is there a less-likely consequence serious enough that I should still protect against it?	Separates probability from severity and reduces both minimising and catastrophising.
4. REVERSIBLE / HARD TO REVERSE	If this goes badly, can I undo, delete, repair, apologise, recover or change course? What might be permanent?	Highlights decisions where an extra pause, more information or adult support matters.

Useful words:

- possible – may happen
- likely – more probable than not / plausible in this situation
- serious – would matter a lot if it happened
- unknown – I do not have enough information
- reversible – can be changed or repaired reasonably
- hard to reverse – difficult or impossible to undo

Quick check: “What is one consequence I care about most, and what information am I using?”