



**Canadian Mental
Health Association**
Mental health for all

Mutual exchange activity scenarios

For each scenario, share what we could do to demonstrate mutual exchange and to minimize potential power dynamics:

Scenario 1:

A student you are supporting explains that they've gotten in a huge fight with their friend group, after the friends find out that the student has been talking about a few of them behind their backs.

The student asks you whether they should text the group chat and apologize or just wait until they see each other on the weekend.

Scenario 2:

You have been coping with the challenges associated with a diagnosis of borderline personality disorder and accessing treatment supports for over 6 years.

A student lets you know that they recently received this diagnosis and they're feeling uncertain about their future.

Scenario 3:

You've been working with a student for about 5 weeks and have built a comfortable peer-peer supporter relationship rooted in mutuality.

The student finds out that you're a paid peer supporter. The student mentions that they feel weird about you being paid to spend time with them.