

Week at a Glance

The daily structure will follow this simple format.

Morning Announcement

Each morning the scripted announcement is shared over the intercom to the entire school. This pre-written message introduces students to the daily **"Power Boost."** Be sure to wait a few minutes following the bell for children to get seated and listen.



Classroom Discussion

Each day's discussion includes stories and questions in the provided **Discussion Guide**.

You will also receive a file of digital images to accompany your discussions.

We recommend teachers read the daily discussion in advance.



Monday

Power Boost:

"I have the power to recognize danger online."

Morning Announcement

Classroom Discussion:

Recognizing an "uh-oh" feeling

Art activity: spiral snake

Distribute bookmarks

(See whiteribbonweek.org)

Lunchtime Activity:

"Snake in the Grass"

Tuesday

Power Boost:

"I have the power to turn it off."

Morning Announcement

Classroom Discussion:

The 10-minute rule

Activity: "Turn it Off Hot Potato"

Lunchtime Activity:

"Turn it Off Slam!"

Friday

Prior to White Ribbon Week:

Have students, grades 3+, complete the pre-survey. (See QR code on page 3.)

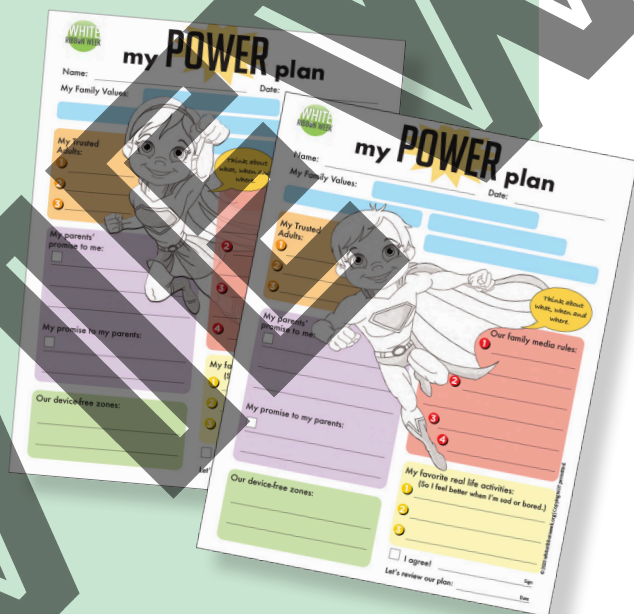
Lunchtime Activity

Fun activities are prepared each day at the back of the lunchroom to reinforce what children learned that day in their classroom discussion.



For Families

Each day, a helpful tip or take-home challenge helps families grow together.



Wednesday

Power Boost:

"I have the power to tell a trusted adult if something doesn't feel right."

Morning Announcement

Classroom Discussion:

Talking; Tic-Tac-Toe

Lunchtime Activity:

"Tic-Tac-Toe Toss"

Thursday

Power Boost:

"I have the power to follow my plan."

Morning Announcement

Classroom Discussion:

Creating media rules
Distribute "My Power Plan"

Lunchtime Activity:

Make a flying machine

Friday

Power Boost:

"I have the power to help my friends make safe choices online."

Morning Announcement

Classroom Discussion:

What I've learned can help others; "WAVE"

Lunchtime Activity:

Obstacle course

End of day: Student post-survey (See QR code p 3)

Monday

“I have the power to recognize danger online.”

Suggested discussion and activity time: Younger grades 40-min. Older grades 50-min.

STORY: Monty lived near an open field. It was pretty common for him to see friendly garter snakes. They often came out of the bushes to enjoy the sunshine on a warm rock. They didn't scare him. His dad taught him that they weren't dangerous. Monty would sometimes make up fun names for his “pet” snakes.

One day, while Monty was walking on a trail, a snake slithered out of the dry brush.

It didn't look like the friendly snakes from the field near his home. The snake had diamond shapes on its back. Its tail had black and white rings like a raccoon! It was making a strange shaking sound.

Q: What should Monty do?

Monty's heart immediately began to beat fast. He felt scared! Something told him that this snake was not safe. Monty didn't



take one step closer! He quickly backed away then ran to tell his dad!

Q: What caught Monty's attention about the snake on the trail?

The snake that Monty saw was actually a Western Diamondback Rattlesnake! This snake is very deadly! Monty was very smart to get away and tell his dad.

The nervous feeling Monty had is called an “uh-oh” feeling. It was a message from his body warning him that the snake could be dangerous. It gave him the important message to quickly get away and tell someone.

Q: What could have happened if Monty didn't listen to his “uh-oh” feeling?

We all notice an “uh-oh” feeling in different ways when we sense danger. Some might get a yucky feeling in their tummy. Some might feel a shiver in their arms. Others might feel worried or scared or even feel like crying.

Even though it's not fun having an “uh-oh” feeling, it is actually really helpful! It is your body telling you that something is not safe and to get away.

Did you know that you can get an “uh-oh” feeling when you are on a phone, using a

tablet, or watching TV? Usually, the things you see on these devices are safe, just like a harmless garter snake; but others can be dangerous.

Monty noticed that the dangerous snake had diamond shapes on its back and looked different. This was a clue. When you're on a device you can look for clues that something might be dangerous. Even if something you see online is shocking or exciting, something inside will likely tell you if it's not safe.

Here are 3 clues that always signal danger online:

- People hurting each other
- People not wearing clothes or talking about private parts of their bodies
- People using bad words

Remember, Monty didn't walk towards the snake. He didn't even get close. He ran away quickly and told someone. You can do the same thing whenever you get an “uh-oh” feeling. Get away quickly and tell someone. Even if you saw any of these things a long time ago, remember, it's never too late to tell someone you trust.

Repeat today's Power Boost with me:
“I have the Power to recognize danger online.”

Continue for Older Grades

(Choose one or more additional discussion questions to explore with your class.)

- 1.** Some children get scared when they have an “uh-oh” feeling because they think they are in trouble. Does an “uh-oh” feeling mean you have done something bad or wrong? *(Reassure children that seeing harmful media does not make them bad. The “uh-oh” feeling is a helpful reminder to get away and tell. Never keep an “uh-oh” feeling a secret from parents.)*
- 2.** Let's think about the three clues to danger online. Why is each one dangerous?
 - a.** People hurting each other *(Teaches you that others' feelings don't matter, encourages you to treat other people in a mean way.)*
 - b.** People not wearing clothes or talking about private parts of their body *(It is*

Older Grades (continued)

important to respect our bodies and the bodies of others. It is good to keep private things private, seeing these things can negatively affect the way you look at others.)

- c. People using bad words (*It can lead to tearing others down, can make you feel uncomfortable or unsafe, and can be offensive to others. It can lead to more aggressive behavior.*)

3. Getting an “uh-oh” feeling is helpful, but it isn’t enough. You have to act!

Q: What would you do in these “uh-oh” situations?

- Someone has been teasing you for a long time...
- Someone is trying to show you an inappropriate picture on their phone...
- An adult talks to you in a way that makes you uncomfortable...
- You receive a message from an unknown number...
- Someone in an online game asks you to share your contact information...

ART ACTIVITY Make a spiral snake

Create a diamondback snake to help you remember the clues of danger online.

Materials needed:

- Thin paper plates
- Markers or paints
- Scissors
- Hole punch
- Yarn or string
- Googly eyes (optional)

Instructions:

1. Starting at the outer edge of the plate, draw a spiral about 1-2” apart all the way to the middle of the plate.
2. Color or paint the entire plate with stripes or diamond shapes.
3. Cut along the spiral line from the outside to the center of the paper plate.
4. Glue on googly eyes or draw them with a marker.
5. Punch a hole and string yarn through the head for hanging.

