

What is **FIGHT**WEEK?

Teens have a tough battle when it comes to technology. Social media algorithms keep them scrolling. Inappropriate content and illegal drugs are all too easy to access. Predators are continually in the wings stalking the most vulnerable. It's clear that our response can't be passive. Youth today need to be FIGHTers.

FIGHT Week is a positive, empowering, student-led high school program that educates and energizes students to champion safe media use for themselves and others.

During FIGHT Week, student leaders provide an important "FIGHT Message" in the morning announcements. This message becomes the topic of daily classroom discussions and student-led lunch activities. Everything needed to organize a successful week is provided in this step-by-step guide.

- *FIGHTERS DEFEND THE DIGNITY OF THEMSELVES AND OTHERS.*
- *FIGHTERS THINK TWICE BEFORE CLICKING.*
- *FIGHTERS PROMOTE AND PROTECT THEIR OWN MENTAL HEALTH.*
- *FIGHTERS ARE STRONG, OPEN-MINDED, LOVING, AND BOLD.*

FIGHT Week is part of a four-year program rotation that addresses online safety, online kindness, media and mental health, and making intentional online choices. Learn more at safetechsolutions.org.

WEEK AT A GLANCE

= For Administrators
 = For Teachers
 = For Student Leaders

BEFORE FIGHT WEEK

preview documentary	provide guide book and discussion files to teachers	send email #1 to parents	select classes to take surveys	administer pre-survey
plan lunch activities	plan incentives	plan poster contest		

DURING FIGHT WEEK

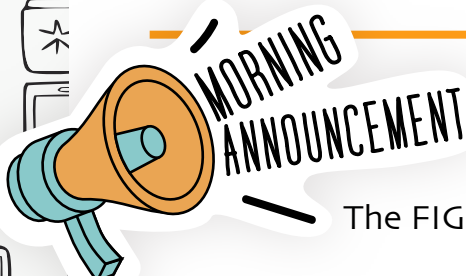
MONDAY "WHAT'S THE IMPACT?"	TUESDAY "THINK TWICE"	WEDNESDAY "TALK IT OUT"	THURSDAY "NOT FOR SALE"	FRIDAY "LEAD THE FIGHT"
morning announcement	morning announcement	morning announcement	morning announcement	morning announcement
poster contest begins		school counselor(s) participate		poster contest ends
send email #2 to parents				
morning documentary assembly	discussion: - "where does this choice lead?" - "how do I want to feel?"	discussion: - talking to a trusted adult - signs of grooming	discussion: - objectification - sexting - sextortion	discussion: - making a difference - finding hope
lunch activity: "sticky-note survey"	lunch activity: "shooting hoops"	lunch activity: "conversation cards"	lunch activity: "would you rather?"	lunch activity: "spin the wheel"

AFTER FIGHT WEEK

complete feedback forms	display posters and announce winners	administer post-survey to classes
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DAY 2

DAILY MESSAGE: "THINK TWICE"



MORNING ANNOUNCEMENT (30 s): "Good morning FIGHTers!

The FIGHT Message for today is **"THINK TWICE."**

Big Tech and gaming companies have studied brain science to learn how to manipulate developing brains and get us to view, like, post, or share without thinking. Today's message reminds us to reject that manipulation and "Think Twice" before consuming media.

Our brains and hearts are ours; only we should get to control how we use them!

During lunch today, bring a friend and join us at the FIGHT Table for a friendly competition."



LUNCH ACTIVITY:

WHY: Big Tech companies have studied brain science to learn how to manipulate developing brains and get youth to view/like/post/share without thinking. Today's activity reminds students to reject manipulation from Big Tech and "think twice" before making media choices.

FIGHT TABLE: Set up a basketball competition using large side-by-side garbage cans. Encourage students to grab a friend and shoot two baskets. Put tape on the ground to mark where they should stand. You could have a free throw line that says, "Choose Freely" and a 2 point line that says, "Think Twice." You could offer a participation prize or save prizes for those who make baskets. (Maybe the basketball team could lead this activity...?)

DAY 2 - Tuesday

CLASSROOM DISCUSSION OVERVIEW



THANK YOU for
empowering your
students to
BOLDLY DEFEND
healthy tech use!

FIGHT
WEEK