

\STAND\: to rise up in defense of healthy tech use

Welcome Student Leaders!

You have an exciting opportunity to lead your friends in making awesome choices with technology. This booklet (and your advisor) will guide you every step of the way. Make sure everyone knows you are in this together...and **together you are unstoppable!**

Why STAND Week?

Please take a minute with other student leaders to discuss these questions.

- 1.What do you love about technology?
- 2.What bothers you about technology?
- 3.How is technology sometimes used in harmful ways?
- 4.Why is it essential to know how to use media safely?
- 5.What is the potential impact for using technology for good?



STAND Week at a Glance

-BEFORE-

*Although 4 weeks of planning is ideal, it can be done in less time.

4 Weeks

1st Meeting
Review pages
3-7



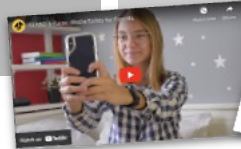
3 Weeks

2nd Meeting
Review pages 8-11

2 Weeks

3rd Meeting
Review pages 12-20

Provide Teacher Letter



1 Week

4th Meeting -
Finalize
preparation

Provide Parent Letter

Display **Coming Soon** signs



1 Day

1 Day Before
STAND Announcement
LAST PERIOD
STAND Pre-Survey



-DURING-

Monday

MORNING
STAND Announcement

AT CHOSEN TIMES
STAND Pledge
STAND Brain Teaser
Classroom Discussion

LAST PERIOD
Distribute **STAND Home Challenge** forms



Tuesday-Thursday

MORNING
Collect **STAND Home Challenge** forms
and draw 3 winners
STAND Announcement

AT CHOSEN TIMES
STAND Pledge
STAND Brain Teaser
Classroom Discussion

LAST PERIOD
Distribute **STAND Home Challenge** forms

Friday

MORNING
Collect **STAND Home Challenge** forms
and draw 3 winners
STAND Announcement

AT CHOSEN TIMES
STAND Pledge
STAND Brain Teaser
Classroom Discussion

LAST PERIOD
Announce **Parent Online Safety Training Prize**
STAND Post-Survey
Distribute **STAND Home Challenge** forms
(do not return)

STAND Home Challenges

STAND Home Challenges give students the essential opportunity to talk with parents or another trusted adult about these things at home! **STAND Home Challenges** should be printed on quarter sheets of paper, passed out at the end of the day, and collected first thing in the morning so students can be entered into a daily prize drawing during morning announcements.



Daily prizes for **STAND Home Challenges** are important because they remind students to do them with their parents or trusted adults every day. (See **STAND Prizes**, p. 11)

Advisor Note:
- Advisors should draw
STAND Home Challenge
winners (for privacy)
- If any forms are
concerning, give them to the
school counselor

STAND Home Challenge Brainstorm

1. Why are **STAND Home Challenges** an important part of **STAND Week**?
2. Who will copy, cut, count, and distribute **STAND Home Challenges** to teachers?
3. What containers will you use to collect **STAND Home Challenges**?
4. Who will assist teachers return them to the office for daily prize drawings?
5. What prizes will you give away? Will you purchase these or look for donations? Who will take the lead on this? When should it be completed?
6. How will you motivate students to complete the **STAND Home Challenges**?



#1 STAND Home Challenge

Talk with a parent or trusted adult about today's **STAND** Message.
Bring your signed form back to school and be entered to win a PRIZE!!



I will STAND FOR uplifting media, valuing the dignity of myself and others.

Talking Points:

- ☐ How do people sometimes disrespect themselves or others online?
- ☐ Why do you think people who spend a lot of time on social media are more likely to be depressed?
- ☐ What can you do to show dignity to yourself and others?

Writing Challenge:

Find an inspirational message or picture and share it with someone.
Write about what you shared and how you feel.



Student Name _____

Grade _____

Parent/Guardian Signature _____

Parent Phone _____



Date: _____ Time: _____ Announcer: _____

Monday Morning (1:40)



As you begin the announcements, first play a few seconds of **STAND Music** to set the mood :). [STANDweek.org/music](https://standweek.org/music).

Fill in all
blanks ahead
of time!

WELCOME

"Good morning! Welcome to **STAND Week!** **STAND** represents not backing down from what we know is right. This week we're going to talk about where we stand on media use. Where do you **STAND** on your ability to recognize harmful content?"

TRUTH BOMB

"TRUTH BOMB!! (Booom!) Have you ever heard of "objectification"? It means to treat or view someone as an object. Objectification happens all the time online and leads to body image disorders, self-esteem problems, depression and so much more. Dignity is the opposite of objectification. It means we are all worthy of honor and respect. Our worth is not based on our looks, our achievements, or our popularity. We all have inherent dignity."

Student Leaders, What are some ways people treat themselves or others like objects online? Fill in the blanks with a personal example.

" _____
_____ "

Example: Sometimes people act like all that matters is someone's profile picture or the shape of their body, but we are all so much more than that! We're not objects, we're humans, and we deserve to be treated with dignity.

MESSAGE

"So starting now: **I will STAND FOR uplifting media, valuing the dignity of myself and others!** Who's with me??"

REMINDERS

"If you are, then sign the **STAND Pledge** hanging by the _____ (where?), solve the **STAND Brain Teaser** _____ (where/when?), and complete the **STAND Home Challenge** your _____ (last period) teacher will give you to be entered to win a _____! (**STAND Home Challenge Prize**) Lastly, remind your parents or guardians to their **Parent Online Safety Training** so we can win _____ (Parent Online Safety Training Prize)!"

REPEAT

"Remember, Today's **STAND Message** is: **I will STAND FOR uplifting media, valuing the dignity of myself and others!**"

Sample Day #1

Monday Classroom Discussion



classroom discussion #1



Classroom Discussion #1

I will **STAND FOR** uplifting media, valuing the **dignity** of myself and others.



Objectification means to treat or view someone as an object. Objectification happens all the time online and leads to **body image** disorders, **self-esteem** problems, depression, and so much more.

What are some examples of **objectification**?

How is **objectification** harmful?



Dignity is the opposite of objectification. It means we are all **worthy of honor and respect**. Our worth is not based on our looks, our achievements, or our popularity. We all have inherent dignity. We can show dignity toward ourselves and others by only creating, viewing, or sharing things that are **respectful**.

How can you tell whether something you create, view, or share **shows dignity**?

Find 7 Words from Today's Message Bonus: Find 2 extra words from today's morning announcement

I will **STAND FOR** uplifting media, valuing the **dignity** of myself and others.



Did you know?
Objectify means to treat yourself or someone else like an object.
Everyone has inherent dignity, which means we are all worthy of respect.

#1 STAND Home Challenge
Talk with a parent or trusted adult about today's STAND Message. Bring your signed form back to school and be entered to win a PRIZE!

I will **STAND FOR** uplifting media, valuing the **dignity** of myself and others.

Talking Points:

- ❑ How do people sometimes disrespect themselves or others online?
- ❑ Why do you think people who spend a lot of time on social media are more likely to be depressed?
- ❑ What can you do to show dignity to yourself and others?

Challenge:

Find an inspirational message or picture and share it with someone. Write about what you shared and how you feel.

Student Name _____ Parent Phone _____
Parent/Guardian Signature _____



students can do a brain teaser, sign a pledge, and complete a home challenge with parents

I will **STAND FOR** uplifting media, valuing the **dignity** of myself and others.

WISTON
Presley
SEBASTIAN THOMAS
SHAWN
Joe Cronwell
Maria E.
Avery
Amber

