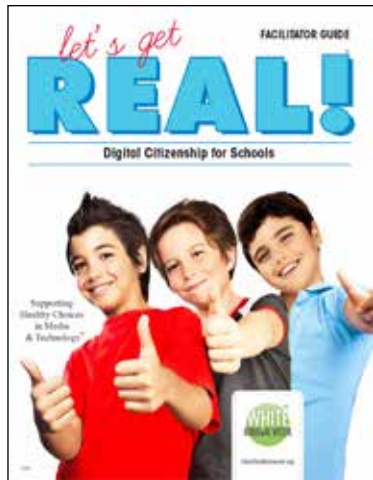


# Sneak Peek Let's Get Real



Let's Get Real can be accomplished with a small budget, minimal class time and just a few volunteers.

Stress-free word-for-word announcement provided each day.



"We love 'Let's Get Real'. The kids enjoyed writing and posting positive 'texts' throughout the school. Awesome week!"

—Natasha B.  
Second Grade Teacher



White Ribbon Week engages parents and teachers too—a network of **positive media mentors** for children.

## LESSON 1

### Let's Get Real Daily Outline

#### POWER BOOST: "I will use technology to show kindness and respect."

The following outline will serve as your template for this week's activities. Its as simple as ABC!

**A: MORNING ANNOUNCEMENT:**  
Use the message below—or one of your own to introduce the week. We will focus on how to Get Real! Each day we'll learn a new Power Boost to help us balance our digital life and real life. Listen carefully, because these messages are the passwords to participate in fun lunchtime activities each day.

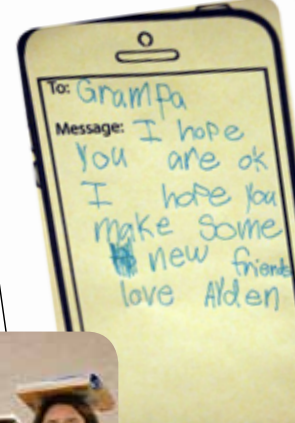
Today's Power Boost is, "I will use technology to show kindness and respect." Can you repeat it out loud with me in your own classrooms? (Repeat.) Words have great power, and they can either hurt others or help them feel happy. Before you send a text or post something online, ask yourself, "Is this something I would say to that person if they were here? Will this help them feel good?" "How would I feel if someone said this about me?" Say today's Power Boost again. (Repeat.)

**B: CLASSROOM DISCUSSION**  
Teachers are encouraged to facilitate a short classroom discussion about today's Power Boost. See the Supplemental Discussion Guide, Lesson 1 for today's topic. **Take-home challenge:** Send a positive message using technology.

**C: LUNCH TIME ACTIVITY**  
After lunch, direct students to a designated table or classroom to repeat today's Power Boost to a volunteer (individually or in a small group). Volunteers ask students 2-3 follow up questions from the list below. Give students a cell phone handout (p. 11) and colored marker to "send" a kind text to someone. "Post" the texts on a large paper banner in a prominent hallway.

- Suggested follow-up questions:
- Why is showing kindness and respect important?
  - How can our words affect other people?
  - What can you do if someone says something unkind or hurtful to you?
  - Can you think of other ways to use technology to show kindness?

Volunteers (not students) should read and "post" each cell phone message to ensure that each is positive.



"I will use technology to show kindness and respect to everyone."

"I will use technology to show kindness and respect to everyone."

Reproducible pages included in the booklet.

## Week at a Glance

Implementing "Let's Get Real" is as easy as ABC.

- A. Morning Announcement—**  
Each day starts with a White Ribbon Week announcement over the intercom to the entire school. Recite the Power Boost and ask students to repeat it with you in their own classrooms. Let them know this Power Boost will be the "password" requested at the lunch time activity each day. (Announcement included in each day's lesson).
- B. Classroom Discussion—**  
Teachers lead students in a 10-minute classroom discussion directly following the morning announcement. Discussion questions help students understand the "why" of the principle and explore ways to apply it. The accompanying discussion guide includes stories, follow-up questions, and optional classroom activities.
- C. Lunchtime Activity—**  
After eating lunch, students are invited to come individually or in small groups to the lunchroom or a designated classroom where they repeat the password (Power Boost) to a volunteer. The volunteer asks 2-3 follow-up questions from those provided in each day's lesson. The child is then rewarded with a small prize or fun activity reinforcing the principle.
- For extra fun this week:** Raffle: Prior to Monday, give the teachers raffle tickets and an envelope. They can write their name on it, and add it to the class envelope. On Friday, all envelopes are taken to the office. Winners are read over the PA system or during a school wide review assembly. Solicit community donations for prizes that encourage real activity, such as jump-ropes, balls, art books, puzzles, or passes for bowling, rock-climbing, roller skating, or swimming.
- Or create a "Real Life" Slideshow:** Monday, encourage students to send a photo of themselves enjoying a real-life activity! It could be anything—jumping on a trampoline or playing with a dog, practicing the violin or making cookies with Mom. Combine all the photos in a slideshow with some upbeat music to present at a review assembly on the last day of the week.

Each teacher will need their own Discussion Guide.

Organizing the week is as easy as A, B, C! **Anyone can do it!** Everything is spelled out step-by-step in the Facilitator Guide.



Kids explore healthy ways to handle stress and boredom.

## LESSON 1 "I will use technology to show kindness and respect."

Monday	Tuesday	Wednesday	Thursday
<b>Morning Announcement Power Boost:</b> "I will use technology to show kindness and respect."	<b>Morning Announcement Power Boost:</b> "I will give priority to real life relationships."	<b>Morning Announcement Power Boost:</b> "I will choose healthy activities to handle stress and boredom."	<b>Morning Announcement Power Boost:</b> "I will choose to balance my day."
<b>Classroom discussion:</b> Why? Because kindness matters.	<b>Classroom discussion:</b> Why? Because we need real life.	<b>Classroom discussion:</b> Why? Because we need healthy ways to handle tough emotions.	<b>Classroom discussion:</b> Why? Because I'm in charge of how I spend my time. (circle graphs).
<b>Challenge:</b> Send a positive message using tech.	<b>Challenge:</b> Create a tech-free zone at home.	<b>Challenge:</b> Choose 3 ways that work for you.	<b>Challenge:</b> Show your circle graph to a parent.
<b>Lunchtime activity:</b> Send a positive "text".	<b>Lunchtime activity:</b> Create a pennant.	<b>Lunchtime activity:</b> Stress-busting activities.	<b>Lunchtime activity:</b> Balancing activities.
Announce the day & time of Parent Meeting			

5 Day Calendar gives a quick view of what's coming.

Classroom discussions help students understand why kindness online matters.



Children have an innate need for emotional closeness. But all too often, the devices intended to bring connect us may actually keep us isolated from others.

Let's Get Real helps students become more aware of their digital time and to give priority to real life. Students practice fun ways to use technology for kindness and respect and end the week with a slide show featuring themselves enjoying their favorite real life fun.