

MASK⁺4Teachers

Lesson Book Guide



Y1  V.1



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★ Cyber Safety: Lesson 2 WINTER

Learning Outcomes

- ★ Protecting Personal Information
 - ★ #i·mtechsmart
- ★ Involving Trusted Adults

Lesson Book Guide

Year 1: Grades K-3 (V1)

Overview

There are 3 main lesson topics which are laid out for the school year; Fall (Relational Development), Winter (Digital Solutions) and Spring (Health & Wellness). Each lesson has 13 accompanying activities.

We suggest incorporating these activities into your designated **MASK Day** (i.e. “MASK Monday” or “MASK Mid-week”) schedule, but you are welcome to incorporate them whenever you have time in your day. Remember, these activities are not meant to add to your plate, but instead to replace other similar learning activities. Each activity was designed to meet Teaching Standards to ensure that you can embed them into your current teaching plan.

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MASK+Keys 2 Success

This digital platform is a turn key approach. The platform bookmarks where you are in program. The topics are meant to complete each week. There are optional (Extra Credit) included at the bottom of each activity.



MANDATORY pause: When you see an otter paw with a PENCIL on the screen, please pause the video to allow for student work time.

MASKMatters App

The MASKMatters app has been designed to give students, parents, and teachers tools and resources to complement all the topics MASK addresses. This information is age-appropriate and is available in Spanish. Getting quick and current information about these issues has never been easier or more convenient. Download the MASKMatters App today, and have modern-day parenting solutions right at your fingertips.



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MASK⁺Extra Credit



Each Activity has an optional activity which we call MASK Extra Credit.

You will find these on the bottom of each page.

ACT 1 (Take 5) stand up or raise your hand

ACT 2 MASK Otter do 4 This Week

ACT 3 Pawsitive Pals

ACT 4 MASK Mindfulness Printout

ACT 5 Pawsitive Posters

ACT 6 MASK Science Lab

ACT 7 Mash & Move Contest

ACT 8 Conversation Starters

ACT 9 MASK Role Play Activity

ACT 10 Conversation Starters

ACT 11 MASK Recess

ACT 12 Conversation Starters

ACT 13 (Take 5) stand up or raise your hand

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★ Cyber-Safety: Lesson 2

Lesson 2 Overview

This lesson has 13 accompanying activities. Learning Outcomes are listed below for you to review with your students before and after the lesson. *Be sure to use the online flipbook on the overhead as a visual for the students.

Learning Outcomes

- ★ Protecting Personal Information
- ★ #i-mtechsmart
- ★ Involving Trusted Adults



4:44 (min)



9:29 (min)



10:04(min)

Kendrik's Story (Page 18)

- This story can be found in your students' Lesson Book on page 18. The story is meant to be a reference for you and your students. We encourage you to refer back to this story page at the beginning of each activity to help engage your students and review the lesson.

Kendrik likes to play games online. He really likes playing a new game with one of his friends from school. Kendrik and his friend like to team up and play together. Over winter break, Kendrik started playing the game by himself because his friend went out of town. Kendrik noticed that the game was harder without his friend and it was not as much fun to play alone. While playing, Kendrik received a message from someone he did not know. The player who sent the message told Kendrik that he and Kendrik went to school together. Kendrik and this new player started to play the game together. Kendrik started to rush through his chores, stopped playing basketball, and spent less time with his dog T-Bone so he could spend more time playing the online game. Kendrik liked talking with his new "friend". After a few days, the player started asking Kendrik for **personal information** like Kendrik's phone number. The player wanted to hang out with Kendrik in person. Kendrik started to feel nervous and wondered if he had shared too much personal information. He knew sharing his phone number with someone he did not know was dangerous. Kendrik decided he should tell a **trusted adult** about what was going on. Kendrik learned that this new player on his game did not go to his school and was not his friend, but was instead an **online stranger**. Kendrik and his parents created a new game profile together and went over a list of **cyber safety rules** that would limit Kendrik's **screen time** and keep him safe.

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Activity Time



Lesson Review (Pages 17-20)

- Estimated time: 20 minutes
 - **Click on Activity 1 Video:**
- Ask your students to think of something they would like to pledge to do based on what they learned in the lesson. Some examples could be:
 - “I pledge to be safe online.”
 - “I pledge to tell my parents before trying something new online.”
 - “I pledge to never talk to online strangers.”
 - “I pledge to limit my screen time.”
- Ask your students to **write, draw, or discuss** their pledges (*page 20*).

Activity Time



i-messages (Page 21)

- Estimated time: 10 minutes
 - **Click on Activity 2 Video:**
- Read through the i-messages with your students.
 - “I will never share my personal information.”
 - “I will always ask a trusted adult before trying something new online.”
 - “I will limit screen time.”
- Ask your students to write or draw three of their trusted adults on the lines provided.

Activity Time



Journal Prompts (Pages 22-25)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section. **Activity 4 and Activity 6** have **additional** videos to watch **after** completing the writing activity.
- Utilize the story (*page 18*) to review what your students learned in the lesson.
- Ask your students to write a response for each Journal Prompt.
 - **Activity 3:** (*Page 22*)
 - **Activity 4:** (*Page 23*) & **MASK Mindfulness**
 - **Activity 5:** (*Page 24*)
 - **Activity 6:** (*Page 25*) & **MASK Science Lab**

Activity Time



“Mash & Move” Video (Page 26)



- Estimated time: 5 minutes
- Play the video and let the MASK Mentors lead your students through this activity.
 - **Click on Activity 7 “Mash & Move” Video:**
- Have students fill in the missing words on *page 26*.

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- “No way, at no time, should you meet with anyone you met online!”

Activity Time



“#i·mtechsmart” Video (Page 27)

- Estimated time: 15 minutes
- Ask your students to take out their Lesson Books.
- Play the video and let the MASK Mentors lead your students through this activity.

→ Click on Activity 8 “#i·mtechsmart” Video:

*Note: There are optional and mandatory pauses incorporated throughout this video.

MANDATORY pause: When you see an otter paw with a PENCIL on the screen, please pause the video to allow for student work time.



Activity Time



Journal Prompts (Pages 28-31)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section.
- Review the story (page 18) to remind your students what they learned in the lesson.
- Ask your students to write or draw a response for each Journal Prompt.
 - **Activity 9:** (Page 28)
 - **Activity 10:** (Page 29)
 - **Activity 11:** (Page 30)
 - **Activity 12:** (Page 31)

Activity Time



“MASK Mind” Video (Page 32).

- Estimated time: 25 minutes
- Ask your students to take out their Lesson Books.
- Play the video and let the MASK Mentors lead your students through this activity.

→ Click on Activity 13 “MASK Mind” Video:

MANDATORY pause: When you see an otter paw with a PENCIL on the screen, please pause the video to allow for student work time.



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