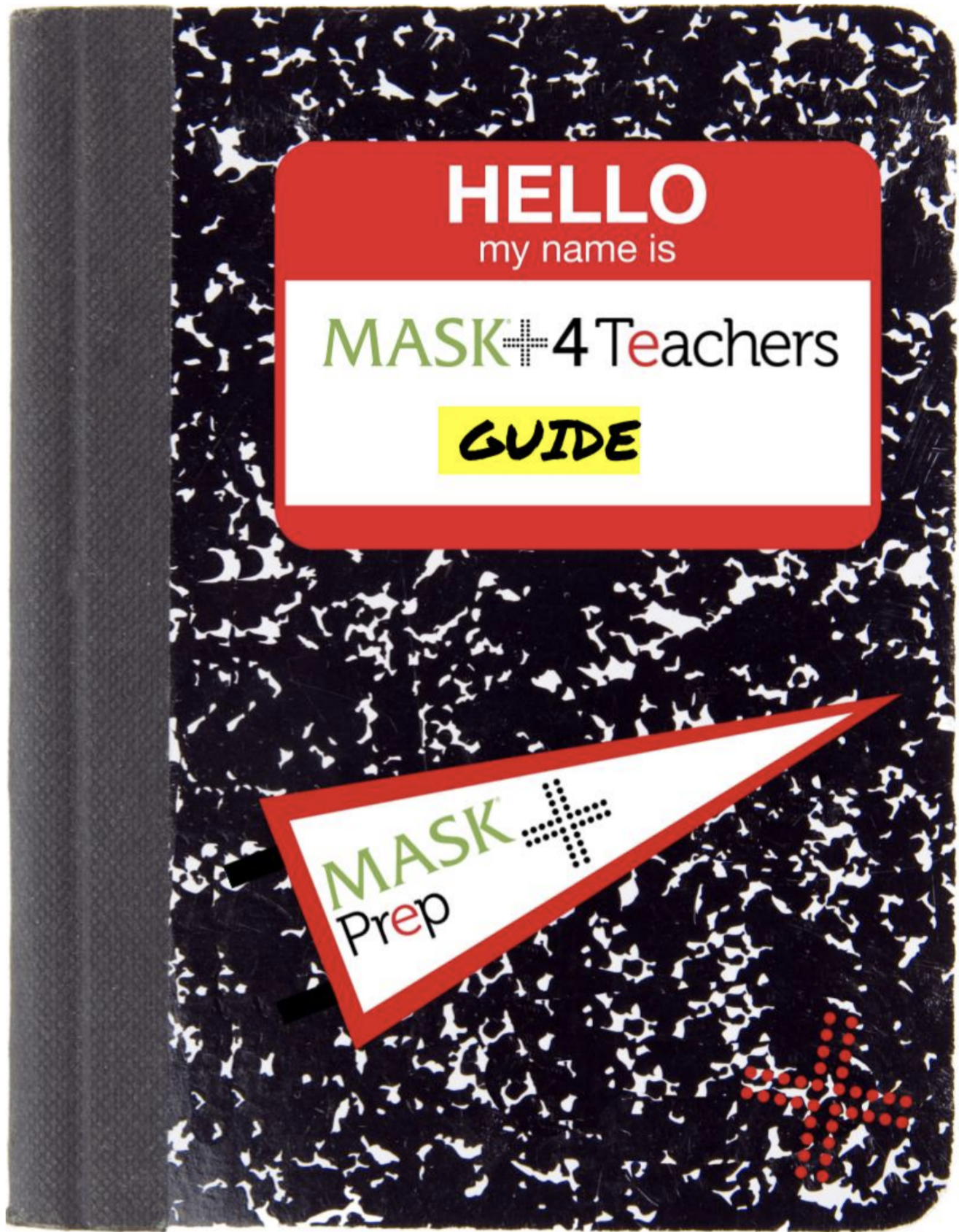


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Notebook Guide

Year 2: Grades 6-7-8

Overview

MASK Prep includes 3 lessons during the school year; Fall, Winter and Spring. Each lesson has 8 accompanying student activities. These activities include writing prompts and testimonial clips. All 8 activities are facilitated through videos.

Activities may be done individually or combined. Activities are meant to reinforce the recently completed lesson. Teachers and students have approximately two months after a lesson to complete the activities. We suggest incorporating the activities into your designated **MASK Day** 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.

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.

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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★ Lesson 2: Insta Problems

Lesson 2 Overview

This lesson has 8 accompanying activities. Learning Outcomes are listed below for you to review with your students before and after the lesson.



Watch these three video lessons before moving on to activities.



8:23(min)



4:19 (min)



11:20(min)

Learning Outcomes

- ★ Learn healthy and safe technology use habits.
- ★ Learn how to recognize and prevent issues with technology.
- ★ Learn alternative coping mechanisms beyond the use of technology.

Activities

□ Activity 1: ASK MASK (Pages: Front Inside Cover, 10, 11)

(~15 minutes)

● VIDEO



- Play the video to lead the class through this activity.

→ Click on “Prep Activity 1”

● ASK MASK: (Page 11)

- This is a variation of the think-pair-share strategy. This activity is the “think”.

● MASK Life Hacks: (Page 11)



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- Writing prompts may be completed in the Student's MASK Notebook, another designated notebook, or on a blank sheet of paper.
- Instruct students on how much time they have to complete this writing prompt. We suggest ~10 mins. Adjust accordingly.
- Monitor and support students as they work through answering the question individually.

MASK+Extra Credit: Teacher Review

□ Activity 2: PREP NOTES (Page 12)

(~20 minutes)



- VIDEO

- Play the video to lead the class through this activity.
→ Click on “Prep Activity 2”
- PAUSE the video when prompted to allow time for students to share. Once the class is done sharing, you will press play to finish the activity.

- PREP NOTES: (Page 12)

- This activity is the “pair and share” of the think-pair-share strategy.
- Discuss guidelines for sharing. (*No silly responses. This is a serious topic, etc.*)
- Break students into “pairs” OR small groups.
- Direct students to “share” their answers /life hack(s) with partner or small group.
- Monitor and support students as they share.
- Expand the “share” into a whole-class discussion. (*Optional*): Select 1-3 individuals to share responses out loud with the class.
- Once you are done sharing, **RESUME** the video to finish the activity.
- Encourage students to take notes “PREP NOTES” at any time in their notebooks for future reference when they or a friend encounter a similar situation.



MASK+Extra Credit: Conversation Starter

□ Activity 3: ASK MASK (Page 13)

(~15 minutes)



- VIDEO

- Play the video to lead the class through this activity.
→ Click on “Prep Activity 3”

- ASK MASK: (Page 13)

- This is a variation of the think-pair-share strategy. This activity is the “think”.

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- **MASK Life Hacks:** (Page 13)
 - Writing prompts may be completed in the Student's MASK Notebook, another designated notebook, or on a blank sheet of paper.
 - Instruct students on how much time they have to complete this writing prompt. We suggest ~10 mins. Adjust accordingly.
 - Monitor and support students as they work through answering the question individually.



MASK+Extra Credit: Student Poll

□ Activity 4: PREP NOTES (Page 14)

(~20 minutes)



- **VIDEO**

- Play the video to lead the class through this activity..
→ Click on “**Prep Activity 4**”
- PAUSE the video when prompted to allow time for students to share. Once the class is done sharing, you will press play to finish the activity.



- **PREP NOTES:** (Page 14)

- This activity is the “pair and share” of the think-pair-share strategy.
- Discuss guidelines for sharing. (*No silly responses. This is a serious topic, etc.*)
- Break students into “pairs” OR small groups.
- Direct students to “share” their answers /life hack(s) with partner or small group.
- Monitor and support students as they share.
- Expand the “share” into a whole-class discussion. (*Optional*): Select 1-3 individuals to share responses out loud with the class.
- Once you are done sharing, **RESUME** the video to finish the activity.



MASK+Extra Credit: By The Numbers

□ Activity 5: ASK MASK (Page 15)

(~15 minutes)



- **VIDEO**

- Play the video to lead the class through this activity..
→ Click on “**Prep Activity 5**”

- **ASK MASK:** (Page 15)

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- This is a variation of the think-pair-share strategy. This activity is the “think”.

- **MASK Life Hacks:** (Page 15)

- Writing prompts may be completed in the Student’s MASK Notebook, another designated notebook, or on a blank sheet of paper.
- Instruct students on how much time they have to complete this writing prompt. We suggest ~10 mins. Adjust accordingly.
- Monitor and support students as they work through answering the question individually.



MASK+Extra Credit: Conversation Starter

□ Activity 6: PREP NOTES (Page 16)

(~20 minutes)



- **VIDEO**

- Play the video to lead the class through this activity.
→ Click on “Prep Activity 6”
- PAUSE the video when prompted to allow time for students to share. Once the class is done sharing, you will press play to finish the activity.

- **PREP NOTES:** (Page 16)

- This activity is the “pair and share” of the think-pair-share strategy.
- Discuss guidelines for sharing. (*No silly responses. This is a serious topic, etc.*)
- Break students into “pairs” OR small groups.
- Direct students to “share” their answers /life hack(s) with partner or small group.
- Monitor and support students as they share.
- Expand the “share” into a whole-class discussion. (*Optional*): Select 1-3 individuals to share responses out loud with the class.
- Once you are done sharing, **RESUME** the video to finish the activity.



MASK+Extra Credit: Personal Story

□ Activity 7: ASK MASK (Page 17)

(~15 minutes)



- **VIDEO**

- Play the video to lead the class through this activity.



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→ Click on “Prep Activity 7”

- **ASK MASK:** *(Page 17)*

- This is a variation of the think-pair-share strategy. This activity is the “think”.

- **MASK Life Hacks:** *(Page 17)*

- Writing prompts may be completed in the Student’s MASK Notebook, another designated notebook, or on a blank sheet of paper.
- Instruct students on how much time they have to complete this writing prompt. We suggest ~10 mins. Adjust accordingly.
- Monitor and support students as they work through answering the question individually.



MASK+Extra Credit: Conversation Starter

- **Activity 8: Testimonial Clip(Reel Talk) & Build your own Firewall** *(Page 18)*
(~20 minutes)

- **VIDEO**



- Play the video to lead the class through this activity.
→ Click on “Prep Activity 8”

- **Reel Talk & Build your own Firewall** *(Page 18)*

- Ask students: Who’s in your Circle of Trust?
- Tell students: Building your own firewall means establishing boundaries for yourself when you are on line.
- Tell students: In Build your own firewall section, write down 3 things that you can do to protect yourself online.



MASK+Extra Credit: Teacher Review

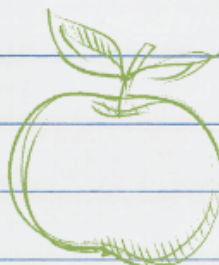
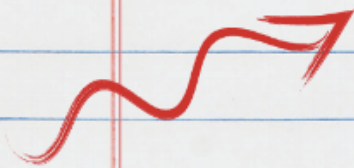
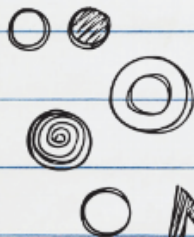
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MASK+Recap

- Remember to take a MASK Minute
- If you have a question, Ask MASK
- Build your Support system
- Keep it real and remember to Feel & Deal!

ASK MASK?



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MASK+Resources



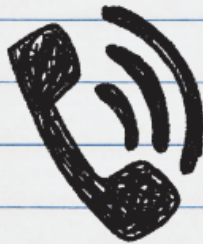
TEEN LIFELINE: 1-800-248-8336

TEXT OR CALL: 911 FOR EMERGENCIES

CRISIS TEXT: TEXT 741741 TO
TEXT WITH A TRAINED COUNSELOR

CYBER TIPLINE: CYBERTIPLINE.COM
OR 1-800-843-5678

NATIONAL EATING DISORDERS
ASSOCIATION: 1-800-931-2237



WE GET IT

WE GOT IT

WE GOOD

WE MAKING THE CHOICES

WE SHOULD!



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