





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 (Exta 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.









& Lesson 1: Personal Settings

Lesson 1 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.







3:23 (min)



12:44(min)

Learning Outcomes:

- ★ Learn who you can depend on if you ever feel disconnected. Find your circle of trust.
- ★ Learn what human trafficking is and identify and establish healthy boundaries to assure safety.
- ★ Learn healthy and appropriate decision-making skills to prepare for success and safety.

Activities

Activity 1: ASK MASK (Pages: Front Inside Cover, 1, 2)

(15 minutes)



- VIDEO
- Play the video to lead the class through this activity.
- ASK MASK: (Page 2)
 - This is a variation of the think-pair-share strategy. This activity is the "think".
- MASK Life Hacks: (Page 2)
 - 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 3)

(∼*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 3)
 - 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 4)

(~15 minutes) (



- VIDEO
 - Play the video to lead the class through this activity.
 - → Click on "Prep Activity 3"
 - ASK MASK: (Page 4)
 - This is a variation of the think-pair-share strategy. This activity is the "think".
 - MASK Life Hacks: (Page 4)







- 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 5)

(~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 5)
 - 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 6)

(~15 minutes)



- VIDEO
 - Play the video to lead the class through this activity...
 - → Click on "Prep Activity 5"
 - ASK MASK: (Page 6)
 - This is a variation of the think-pair-share strategy. This activity is the "think".
 - MASK Life Hacks: (Page 6)







- 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 7)

(~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 7)
 - 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 8)

 $(\sim 15 \text{ minutes})$





- Play the video to lead the class through this activity.
 - → Click on "Prep Activity 7"
- ASK MASK: (Page 8)
 - This is a variation of the think-pair-share strategy. This activity is the "think".









- MASK Life Hacks: (Page 8)
 - 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) & Circle of Trust (Page 9) (~20 minutes)
 - VIDEO



- Play the video to lead the class through this activity.
 - → Click on "Prep Activity 8"
- Identify your Circle of Trust (Page 9)
 - Tell students to think about and write down who they feel is in their Circle of Trust.
 - Instruct students to write them down and "why" they picked them.
 - Assist students with developing their ideas
 - I.e coach, older sibling, uncle, aunt, grandparent.



MASK#Extra Credit: Teacher Review







