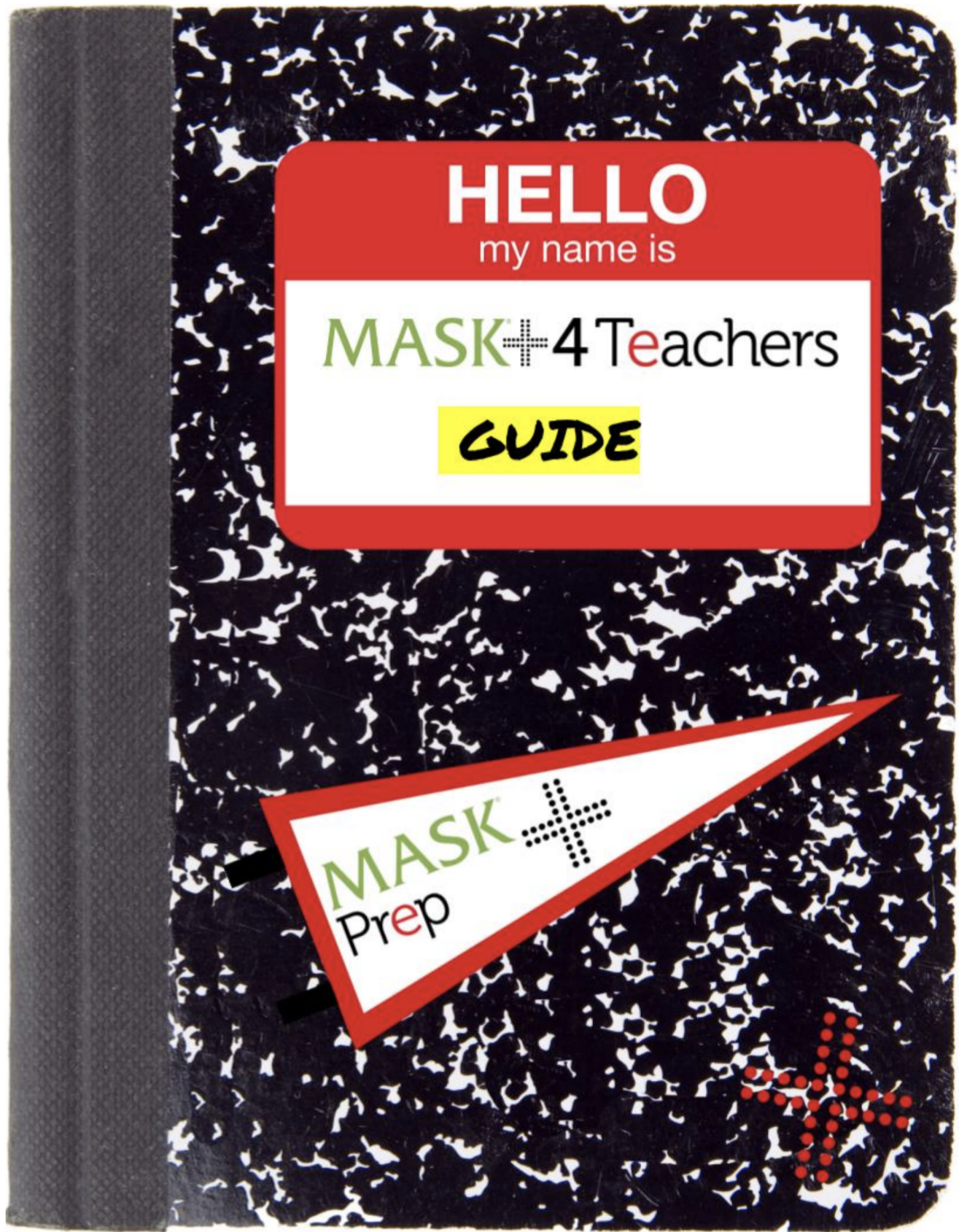


# MASK+4Teachers



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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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## E3 HEALTH & WELLNESS

### ★ Lesson 3: Over the Influence

#### Lesson 3 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.



8:16(min)



4:06(min)



12:20(min)

#### Learning Outcomes:

- ★ Learn how to set achievable goals and find what motivates and drives you.
- ★ Learn how to establish an identity and be true to who you are in order to prevent substance use.
- ★ Learn the consequences of substance use and establish healthy coping skills to prepare for potential pressures.

#### Activities

##### □ Activity 1: ASK MASK (Pages: Back Inside Cover, 19, 20)

(~15 minutes)

##### ● VIDEO



- Play the video to lead the class through this activity.  
→ Click on “Prep Activity 1”

##### ● ASK MASK: (Page 20)

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



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- **MASK Life Hacks:** (Page 20)

- 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

- **POST VIDEO:** (Page: Back Inside Cover)

- Review the MASK Resources available via phone or text for students and their families.
- Remind students: These are just some that you can turn to if your struggles become too hard to deal with.



- **Activity 2: PREP NOTES** (Page 21)

(~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 21)

- 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

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## Activity 3: ASK MASK (Page 22)

(~15 minutes)



### • VIDEO

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

→ Click on “Prep Activity 3”

### • ASK MASK: (Page 22)

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

### • MASK Life Hacks: (Page 22)

- 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 23)

(~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 23)

- 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.



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## MASK+Extra Credit: By The Numbers

### □ Activity 5: ASK MASK (Page 24)

(~15 minutes)



- VIDEO

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

→ Click on “Prep Activity 5”

- ASK MASK: (Page 24)

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

- MASK Life Hacks: (Page 24)

- 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 25)

(~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 25)

- 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*):



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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 26)

(~15 minutes)

- VIDEO



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

→ Click on “Prep Activity 7”

- ASK MASK: (Page 26)

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

- MASK Life Hacks: (Page 26)

- 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) & Exit Plan (Page 27)

(~20 minutes)

- VIDEO



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

→ Click on “Prep Activity 8”

- EXIT PLAN (Page 27)

- Ask students: What’s your Exit Plan?
- Tell students: Write some exit strategies that you can use to get out of sticky situations.
- Instruct students on how much time they have to complete this writing prompt. We suggest ~ 10 mins. Adjust accordingly.



## MASK+Extra Credit: Teacher Review

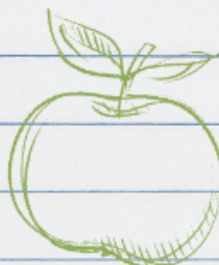
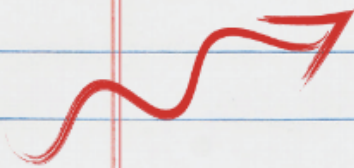
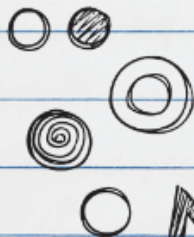
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## MASK+Recap

- 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



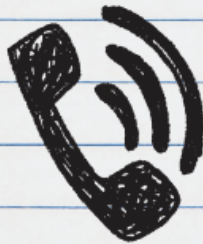
TEEN LIFELINE: 1-800-248-8336

TEXT OR CALL: 911 FOR EMERGENCIES

CRISIS TEXT: TEXT 741741 TO  
TEXT WITH A TRAINED COUNSELOR

CYBER TIPLINE: [CYBERTIPLINE.COM](https://www.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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