



second step Lesson Follow-Ups for Families

WHAT?

Second Step Lesson Follow-Ups are fun, engaging activities you can do with your middle school child and other members of your family. They include Family Projects, Table Talk, and Screen Time activities.

WHY?

These activities are designed to give your middle school child another chance to use new skills learned in *Second Step* lessons. They are also a way for you get to know more about what your middle school child is learning with the *Second Step* program. They're also a great way to spend some fun time together as a family.

WHO?

You can do these activities with your middle school child, and other family members can join as well.

WHERE?

Most of these activities can be done at home around the dinner table or in front of the TV screen.



Lesson 2, Language Arts and Social Studies

Table Talk: What Does It Mean to Be an Ally to Another Nation?

What you'll need: focused time to talk (such as at the dinner table, on a car ride, or at bedtime)

In the *Second Step* program, your child has been learning about being an ally in social situations. An ally is someone who offers support to another. A nation can be an ally, too. An ally is a nation that supports another nation because its people decide that's the right thing to do.

1. Ask your child what it means to be an ally to another nation.
2. Ask: **How is this different or the same as being an ally to someone at school? What countries are the United States' allies? What makes them allies? How is the United States an ally to other countries? Can allies sometimes change? Have your child give specific examples.**



Lesson 2, Health and Science

Table Talk: Allies and Symbiotic Relationships

What you'll need: focused time to talk (such as at the dinner table, on a car ride, or at bedtime)

An ally is someone who offers support to another. You can show you're an ally by talking to a person, offering to help if that person is struggling, keeping him or her company, or letting that person know you think it's wrong if someone else is bullying him or her.

In nature, *symbiosis* is a close relationship between different types of creatures where at least one of the creatures benefits. It can take three forms: both partners benefit (like a tickbird and a rhino), one partner benefits but the other is not helped or harmed (like a remora fish and a shark), and one partner gains but the other suffers (like a tick and a dog).

1. Discuss with your child the different types of symbiotic relationships in nature.
2. Ask how being an ally is similar to or different from each type of symbiosis.



Lesson 2, Media Literacy

Table Talk: Pros and Cons of Social-Networking Sites

What you'll need: focused time to talk (such as at the dinner table, on a car ride, or at bedtime)

Although for most social-networking sites users must be at least 14 years old, your child may be interested in using them as a way to make and keep friends.

1. Ask your child: **Are social-networking sites a good way to make friends?**
2. Ask your child to come up with pros and cons—at least three ideas for each side—of using social-networking sites.

Some examples are:

- Pro: you can find and chat with people with similar interests.
 - Con: people can post hurtful things about each other, sometimes anonymously)
3. Discuss your child's ideas along with your own thoughts.