



# second 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?

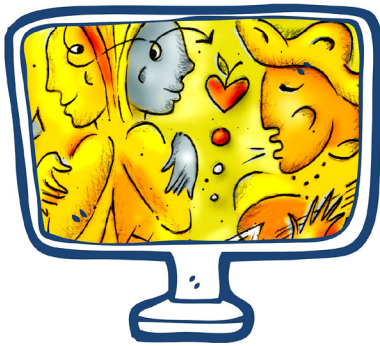
These activities are designed to give your middle school child another chance to use new skills learned in *Second Step* lessons. They are also a way for you get to know more about what your middle school child is learning with the *Second Step* program. They're also a great way to spend some fun time 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 5, Media Literacy

**Screen Time:** Is There a Better Way to Resolve This Dispute?

**What you'll need:** TV or computer

In the *Second Step* program, your child has been learning about different styles of communicating. Being assertive is the best middle ground for communicating with people.

- **Assertive:** You let people know what you want and need while still being respectful of others. You use a calm, clear, firm voice.
  - **Passive:** You act as if you or your opinions don't matter. You use a timid voice, worried expression, or slumped shoulders.
  - **Aggressive:** You use a forceful voice and tense body. The message you give is that other people don't matter.
1. Watch sports or political news clips on TV or the web that show passive and/or aggressive communication styles.
  2. With your child, identify the dispute.
  3. Then ask: **What communication style are they using? How can you tell?**
  4. Have your child describe how the dispute may have been settled differently if assertive communication was used.