



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?

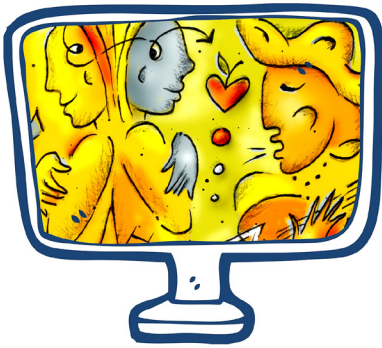
These activities are designed to give your middle school child another chance to use new skills learned in *Second Step* lessons. They are also a way for you get to know more about what your middle school child is learning with the *Second Step* program. They're also a great way to spend some fun time 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 6, Media Literacy

Screen Time: Is It Bullying?

What you'll need: TV or computer

In the *Second Step* program, your child has been learning about bullying. Bullying is when one or more people repeatedly harm, harass, intimidate, or exclude another person. Bullying is unfair and one-sided.

1. Have your child pay attention to unkind or mean behaviors that occur between characters in a TV show or video game.
2. Ask your child to describe the mean behavior.
3. Have him or her use the definition of bullying to say whether the behavior is bullying.



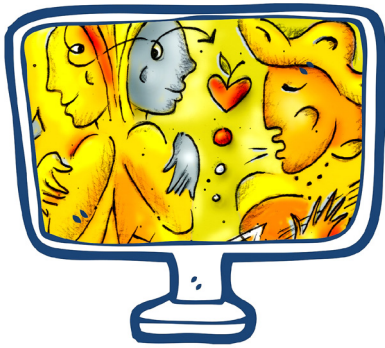
Lesson 6, Media Literacy

Table Talk: What Do You Observe?

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

The *Second Step* program definition of bullying is when one or more people repeatedly harm, harass, intimidate, or exclude others. Bullying is unfair and one-sided.

1. With your child, go to a playground, sports game, arcade, or some other place where people gather.
2. Keeping the bullying definition in mind, notice the behavior of the people you and your child see.
3. Later, discuss with your child what you each saw. Ask: **Were any of the behaviors bullying? Why do you think bullying happens more in some places than others?**



Lesson 6, Media Literacy

Screen Time: What's the Message?

What you'll need: TV

In the *Second Step* program, your child has been learning about bullying. Bullying is when one or more people repeatedly harm, harass, intimidate, or exclude another person. Bullying is unfair and one-sided.

1. With your child, watch animated cartoon programs that show some form of bullying. (Caution: some kids might think that the bullying shown in some cartoons is funny.) Ask your child to watch for examples of bullying.
2. Ask: **Do any of the characters bully others face to face? Do any of the characters bully others behind their backs? What kind of message do you think this sends to young kids? How could these cartoons be funny without the bullying? Can you think of some funny cartoons that do not use bullying?**