



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?

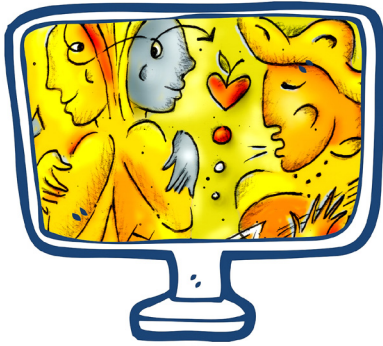
These activities are designed to give your middle school child another chance to use new skills learned in *Second Step* lessons. They are also a way for you get to know more about what your middle school child is learning with the *Second Step* program. They're also a great way to spend some fun time 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 7, Media Literacy

Screen Time: Is This Really Funny?

What you'll need: TV or computer

In the *Second Step* program, your child has been learning about the role of bystanders in bullying situations. Bystanders can be part of the problem or part of the solution. To be part of the solution, bystanders can choose not to take part in bullying, offer support, be an ally to someone being bullied, take action against bullying, and know that they can make a difference.

1. With your child, watch animated cartoon programs that show bullying—you can use the same ones you watched in Lesson 6. This time, ask your child to notice how the bystanders to the bullying behave.
2. Ask: **How do the bystanders react? Do they think the bullying is funny? How does their behavior encourage or discourage more bullying? What kind of message do you think this sends to young kids? Can you think of funny ways the bystanders can be part of the solution?**