

IVE GOT THE POWER

Students learn and memorize a "Power Boost" each

morning. These positive statements become the

password to participate in fun lunchtime activities.

booklet including tips for getting started, letter

Everything you need is right in this

to parents and a fun review activity.

Each White Ribbon

includes something

design a superhero

with real life super

extra just for fun.

Week program

In I've Got the

powers.

Power, students

## I've Got The Power

This step-by-step Facilitator Guide makes organizing a White Ribbon Week easy and doable.

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What is "I've Got The Power?"



White Ribbon Week has an important lesson for children being hit with millions of media messages each day.

- It's simple and easy to understand: "I've Got the Power." O I have the power to not view embarrassing pictures or share hurtful words.
- @ I have the power to turn it off.
- I have the power to tell a trusted adult if anything doesn't feel right. O I have the power to ask before I download
- I have the power to help my friends make safe choices online

"I've Got the Power" is about empowerment. Children not only learn skills that will keep them safe, but also learn they can be better students, friends, consumers and community members as they use technology for good. The messages are pro-technology and direct them to parents or other trusted adults when they have questions

After participating in the week-long program, children will understand they can make healthy choices in media and technology. They will know they are in charge of what they view, play, post, like, or share.

Did you know your body language not only affects how others see you, but how you see yourself? When you assume a "power pose," even just for two minutes a day, it increases confidence, boosts ability and actually increases your chance for success! (Check out the TEDtalk by Amy Cuddy at ted.com) This is why we ask students to assume the power pose when reciting power boosts at lunchtime. One effective power pose looks like this-hands on hips, chest out, shoulders back and

Wearing a sticker home helps encourage discussions with Mom or Dad.



de, Lesson 3 for today's discussion

inch, direct them to a sooth or same who or Boost and respond to a couple of ach student with an "I've Got the Power"

ant to tell a trusted adult?

ratime when something didn't feel right? ofter talking with an adult about your feelings?

empowerment. Students learn they have the power over what they view, play, post, like or share. Their confidence grows in making decisions not only about media but in all areas of their lives.

"I've Got the Power" is all about

Each morning, students learn a "Power Boost"— a statement of positive online behavior that becomes their "password" for participating in fun lunchtime activities.

Power Boosts have stickability. Kids remember them and apply them even years later.

During daily **lunchtime activities**, students recite the "password" and participate in a fun activity reinforcing the principle.

This **Discussion Guide** helps each teacher lead meaningful class discussions each day



COILWIN

you can

way to get

ble. When y

your brain o

you don't hav

"I Have the power to tell a trusted adult." Why? Because talking helps

Ask: Have you ever had a sliver or other sharp object stuck in your hand or foot? How did it feel?

ver swimming at a lake in Missou where people often went fishing. Re waded in the shallow water pronged fish hook like the one is is picture. Two of the sharp hooks. Ask: if someone posts something nk deep into Elizabeth's heel. If in a lot, and was also scary. At surprise, her foot hardly hurt at all and they don't understand? ong afterward, Elizabeth was 100%. In every family,

4sk: Did Elizabeth do something

a computer or other device, nake you feel uncomfortable. Turn it off, talk to a trusted ad falking about it with a trusted adult—and turn to something active.

out. It can help you feel a lot bett (Teacher: ask for a show of hands

Ask: Raise your hand if you have

confused, talk to a trusted adult. What if Elizabeth had not told anyone about the fish hook?

not let anyone touch it. Much to her you do? What if you tell an adult

more patient than others. Some are better listeners. There are people around you who can be trusted when you have a problem. You can find a trusted adult. You know advice. They care about you

not your fault. Like a sliver, it might right, Remember "Tic-Toc-Toe." nake you feel uncomfortable. Turn it off, talk to a trusted adult





"We did it!! We carried out an awesome "I've Got the Power" White Ribbon Week. We had hundreds of entries to our coloring contest, a super fun photo booth, daily announcements and lunchtime activities. **Huge success!** Thank you so much for this great program."

-Jamie J. Parent



I've Got the Power helps families. 63% of students report teaching a power boost to others at home.

Classroom discussions share a real-life story to help kids explore why the Power Boost matters.