



Wednesday Family Activity and Discussion

**Today we learned:
I have the power to tell a trusted adult.**

Information:

Children are often scared or nervous to tell when they have been exposed to inappropriate pictures or text online. They may feel embarrassed. They might be afraid they will get in trouble. But, no matter how they came across it, every child is a victim. It is not their fault. Help your child understand that you are there to help and that you want to know so you can help protect them. Be prepared to offer support instead of shame or disappointment. Assure your child that it is okay to tell.

Activity:

Watch this 7 minute video with your child.
<http://www.netsmartz.org/NetSmartzKids/ItsOkToTell>

Discussion Questions:

1. Who could you tell if something makes you feel uncomfortable, confused, or upset?
2. Your child made a paper doll today at school and wrote down the names of several adults they could tell. Ask them to share it with you.
3. Ask your child what three things they learned using the tic tac toe game.
(**Turn it off; Talk to a trusted adult; Turn to something active**)

Activity:

Play the *Friendly Advice Game*

Use the cards on the back and pretend a friend is upset by something they saw online, but they don't want to tell a trusted adult. Have your child give each friend some advice to help them learn that it's OK to tell.

The Friendly Advice Game

Pretend a friend is upset by something they saw online, but they don't want to tell a trusted adult. Give each friend some advice to help them learn that it's OK to tell.

