



## Friday Family Activity and Discussion

### **Today we learned:**

**I have the power to help my friends make safe choices online.**

### **Information:**

We learned that we are powerful. Our choices influence others. We learned that we can help teach online safety to our friends. We can remind them to tell a trusted adult if they see something that makes them feel uncomfortable or embarrassed. We can teach our friends that not all sites are safe.

### **Activity:**

Play this game with your child to help reinforce that they can learn to be aware of when their friends or family members might need a friend to help them with a problem.

1. Partner up and stand arms length away from each other.
2. Each partner stares at the other person for 1 minute. Try to notice every little detail.
3. Then turn around, facing the opposite directions.
4. Each person changes one thing about themselves: untuck your shirt, mess up your hair, button your shirt all the way up, untie your shoe, etc.
5. Both partners turn around and try to figure out what the other changed.

### **Discussion Questions:**

1. What sites do you usually go to online?
2. What would you do if you found out your friend had seen something embarrassing or inappropriate on a device?
3. How do you feel about the things you learned during White Ribbon Week?