

# DAY 1

POWER BOOST: ***“I will not view, post, or pass along embarrassing or negative information anytime, anywhere.”***

FOLLOW-UP QUESTIONS:

What is an example of something that might be embarrassing?

Is it ok to forward a picture on a phone?

What do you do if you receive a text or picture on a phone from someone else?

(In this case you do not delete, but take to a trusted adult.)

Is it ok just to tease in Facebook messages?

Is it ok to send pictures of someone else? What about pictures of yourself?

Is there a way to remove something online once I have put it out there?

Who might check out my Facebook page in the future? Why would they care what I put on there?

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# DAY 2

POWER BOOST: ***“I will tell a trusted adult if anything makes me feel uncomfortable or confused.”***

FOLLOW-UP QUESTIONS:

Why should I tell an adult?

Who is a trusted adult?

Am I in trouble if I have seen something confusing or inappropriate?

Am I a bad person?

How soon should I tell someone? Why?

(Secrecy is the lifeblood of addiction. By telling, the child is able to release the anxiety associated with the experience and the mind is able to release it more easily.)

What if I saw or heard something that made me uncomfortable a long time ago?

Should I still tell? Why or Why not?

What if it involves “telling” on a friend?

# DAY 3

**POWER BOOST:** *"I will keep my personal information and passwords 'personal.' I will only share them with a parent."*

**FOLLOW-UP QUESTIONS:**

What is personal information?

What if I have to enter that information for schoolwork or online shopping?

(Parent should enter in the information, not the child.)

Can I tell my password to my best friend? Why or why not?

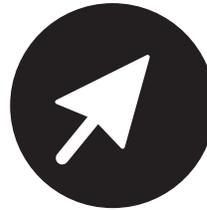
What things could happen if someone knows my passwords?

Is there anyone that I should share my passwords with?

Why do my parents need to know? Can't I just keep track of them myself?

When we planned White Ribbon Week, we had no idea it would be so fun! Students danced to the "I've Got the Power" in the halls. 1st graders clamored to tell me that they could recite all the power boosts. Students raced to the back of the lunchroom to participate in the activities. I'm thrilled that this plan allowed us to share such important information in a fun and empowering way. My kids said it was their favorite week of the year.

*Jenness Durling  
PTA President, Brookwood Elementary*



# 4 DAY

POWER BOOST: ***"I will use technology to connect with my REAL-LIFE friends, NOT to meet strangers. People online are not always who they say they are."***

FOLLOW-UP QUESTIONS:

Is it ok to make new friends online or "friend" someone that I don't know very well? (If someone says she is a 12 year-old girl, it could it be a boy, a man, or even several boys playing online.)

Can I chat online? How do I know if it is safe or not?

Is it ever ok to meet someone that I've talked with online? (If you have a purpose such as meeting a soccer coach and a parent goes with you. Never, never arrange to meet anyone alone!)

What if they send a picture? (It may not be their photo.)

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# 5 DAY

POWER BOOST: ***"I will encourage those around me to make smart choices in media and online."***

FOLLOW-UP QUESTIONS:

What can I say if I'm with friends who are posting silly, embarrassing pictures?

What if they don't think it's a big deal and don't agree with me?

What if I see a friend's post that seems inappropriate? What should I do?

What do I do if a friend is viewing inappropriate things online?

How can I influence my friends in their choices of music or movies or websites?