

myWorth Overview

Session	Title & Themes	Goals	Activities
1	<p>You Matter</p> <p>Self-Worth</p> <p>Resiliency</p> <p>Each human has 100% worth just by virtue of the fact they are alive!</p>	<p>*Students will be able to identify the meaning of self-worth.</p> <p>*Students will engage in discussions about self-worth and internal vs external factors, things out of their control.</p> <p>*Students will learn they have the ability to be resilient after everyday struggles.</p>	<ol style="list-style-type: none"> 1. Discussion about definition of self-worth. 2. Engage in conversation about internal vs external factors of self-worth. 3. Entire class activity: 15-minute demonstration using a tennis ball to define the meaning of resiliency.
2	<p>Cell Phones & Social Media</p> <p>Cyberbullying</p> <p>Making healthy choices online</p>	<p>*To create a safe space to discuss and share our experiences with social media.</p> <p>*To think about how the importance of friends can have an impact on our choices.</p> <p>*Engage in conversation about cyberbullying.</p>	<ol style="list-style-type: none"> 1. Entire class activity: Line game to help students engage in discussion about social media. 2. Share a couple of statistics about cyberbullying and sending inappropriate content. 3. Watch short video about the dangers of asking for and sending inappropriate images. Discuss video. 4. Watch video about cyberbullying. 5. Discuss what is cyberbullying. Talk with students about what to do if they experience or witness cyberbullying.

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3	<p>The Things We Do</p> <p>You should never feel like you have to do anything to be liked or loved.</p> <p>The right people will like and love you just because you are you.</p>	<p>*To acknowledge that Friends Matter</p> <p>*To explore what we do to fit in sometimes</p> <p>*Talk about how you should never feel like you have to do anything to fit in</p>	<p>1.Group Activity: groups of 4 ask each other: favorite movie/tv show, last musical artist listened to, pretended to like something to impress someone, last time they're embarrassed. Engage in class discussion afterwards.</p> <p>2. Watch short video about being yourself. Discuss afterwards.</p> <p>3. Entire class activity: 4 corners game. Facilitator will ask questions about peer pressure/fitting in.</p> <p>4.Watch short video about young person being pressured into something he regretted. Discuss afterwards.</p>
4	<p>Support and Empowerment</p> <p>Identifying safe adults or friends</p> <p>Provide Resources</p>	<p>* Learn how to make safe choices online and on social media</p> <p>* Discuss how to identify qualities of a safe adult or friend.</p> <p>*Discuss how to stop an uncomfortable situation</p>	<p>1.Watch short video about what can happen when chatting with someone you've never met online.</p> <p>2. Discuss the qualities of a safe adult or friend. What they do and don't.</p> <p>3. Provide situations to students with either the option to Ignore, Delete, Respond, or Tell a Safe Adult.</p> <p>4. Group activity: Human Knot game. Students will separate into medium sized groups, stand in a circle facing each other, link hands, and work together to untangle the group.</p>