

Sneak Peek

I've Got The Power



"I've Got the Power" is all about 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.

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

Students learn and memorize a "Power Boost" each morning. These **positive statements** become the password to participate in fun lunchtime activities.

Everything you need is right in this booklet including tips for getting started, letter to parents and a fun review activity.



Each White Ribbon Week program includes something extra **just for fun**. In I've Got the Power, students design a superhero with real life super powers.

"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

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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."

- 1 I have the power to not view embarrassing pictures or share hurtful words.
- 2 I have the power to turn it off.
- 3 I have the power to tell a trusted adult if anything doesn't feel right.
- 4 I have the power to ask before I download.
- 5 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.

What's a power pose?

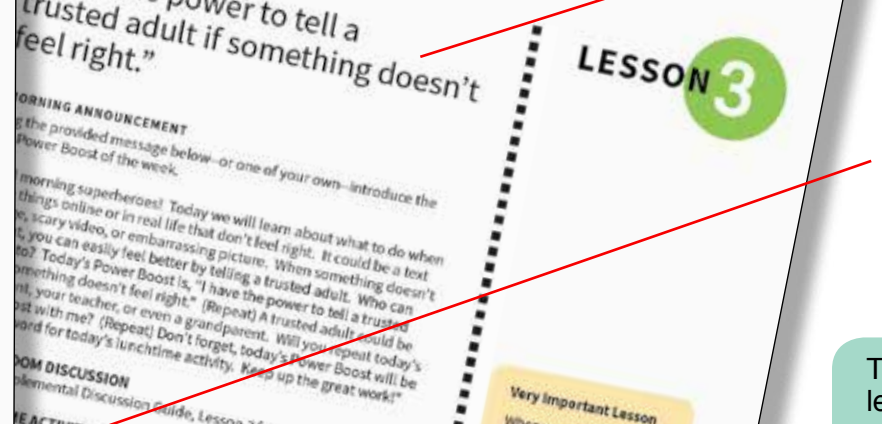
Did you know your body language not only affects how others see you, but how you see yourself? When you assume a "power pose," even just for two minutes a day, it increases confidence, boosts ability and actually increases your chance for success! (Check out the TEDtalk by Amy Cuddy at ted.com) This 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 chin up!

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



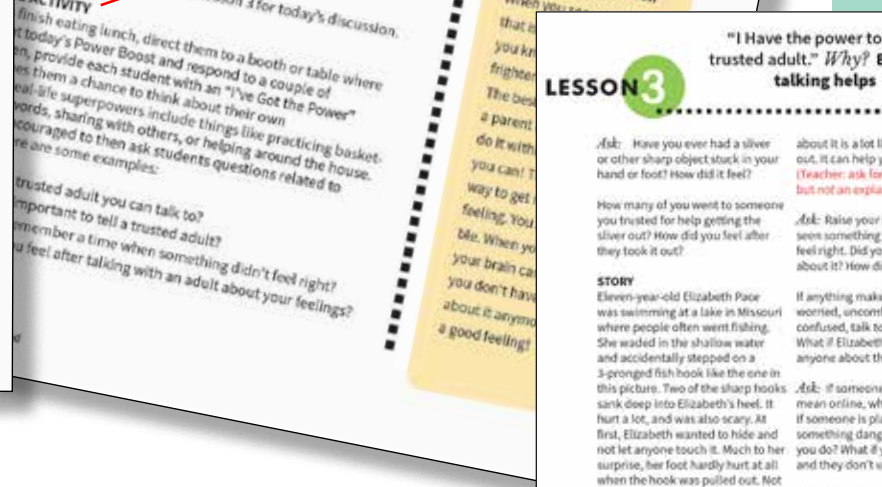
Each morning, students learn a "Power Boost"— a statement of positive online behavior that becomes their "password" for participating in fun lunchtime activities.

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.



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



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

