



second step Lesson Follow-Ups for Families

WHAT?

Second Step Lesson Follow-Ups are fun, engaging activities you can do with your middle school child and other members of your family. They include Family Projects, Table Talk, and Screen Time activities.

WHY?

These activities are designed to give your middle school child another chance to use new skills learned in *Second Step* lessons. They are also a way for you get to know more about what your middle school child is learning with the *Second Step* program. They're also a great way to spend some fun time together as a family.

WHO?

You can do these activities with your middle school child, and other family members can join as well.

WHERE?

Most of these activities can be done at home around the dinner table or in front of the TV screen.



Lesson 4, Media Literacy

Table Talk: Can You Find a Win-Win Solution?

What you'll need: focused time to talk (such as at the dinner table, on a car ride, or at bedtime)

In the *Second Step* program, your child is learning how to calmly and respectfully figure out problems in everyday life using these Action Steps:

- Analyze the situation
 - Brainstorm options
 - Consider each option
 - Decide on and Do the best option
1. With your child, discuss a media-related topic such as “video games and violence” or “the effects of exposure to media violence on teens.”
 2. Use the Action Steps before starting the discussion to analyze the situation, brainstorm ideas about how to find the information, and consider each option.
 3. Decide on the best option. Was everyone happy with the outcome? If not, you should figure out another way so everyone feels good about the outcome of the discussion (a win-win solution).
 4. Do the best option.