

May 4-8

SAY SOMETHING WEEK

[VIRTUAL EDITION 2020]

Say Something Week participation is highly encouraged, but not mandatory and not tied to academic grades.

- 1 LOOK for warning signs & threats.
- 2 ACT immediately. Take it seriously.
- 3 SAY Something.

SAYSOMETHING

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SAFE SCHOOLS MONDAY

"Saying Something" begins with building a safe and inclusive school culture.

That takes *all of us*.

Complete the "Actions Matter: Bullying Prevention" EverFi course. Here's what you'll get:

1. Bullying behavior defined.
2. Recognizing leadership potential within yourself.
3. Practicing upstander intervention.
4. Developing a sense of resilience.
5. Contributing to a positive school community.

GOTEAM

YOU Matter.

Oh yeah, & did we mention students who participate during the week might win some cool prizes?!

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TACO' BOUT IT TUESDAY

CIRCLE OF SUPPORT

..Not to be confused with "Circle of Life," although Lion King is **100**

It's always important to talk about how you're feeling with those you trust.

It's *especially* important to **act immediately** and talk to a **Trusted Adult** if you hear or see something that makes you uncomfortable, worried, or frightened.

Watch the short video about the steps to "Say Something" and how to talk to a **Trusted Adult**. Check out the "Trusted Adults" gallery on the Canvas page.



(And yes, you absolutely have our permission to indulge in some tacos today.)

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WELLNESS WEDNESDAY

HEALTHY HABITS MATTER, FOLKS. INCLUDING ONLINE.



Although there are awesome pro's to the digital community, middle schoolers today face some pretty pressing issues within the cyber world. **Safely** and **confidently** navigating the digital world is **KEY** to wellness, safety, and success.



Knock out the first half of the "Ignition" course on EverFi. (You don't have to do the whole thing unless you're feeling like an #OverAchiever, which is totally acceptable.)

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TRUSTED TITANS THURSDAY

TRUSTED ADULTS

They have the experience and knowledge to get the right kind of help. Or even point you in the right direction. It's mega important to have 2-3 adults picked out who you can turn to if and when needed.

- Let us know in today's Canvas survey: Who are two adults at OTMS who you will consider as **your** trusted adults?
 - Send an email or Canvas message to your two trusted adults. Let them know that they will be your "go-to" trusted adult if you ever need to talk or seek help.
- ***Use the helpful template on the Canvas page for some inspo!



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"Checking On You" FRIDAY

Cue "We Are Family" while soaking up all of the positive Friday vibes!



Wear your favorite plaid, checkered, or striped shirt to support the importance of "Checking In" with one another. And while you're at it, how about you reach out & check in with some other Titans today?!

Submit photos sporting your checkered attire to mborho@madison-schools.com if you'd like your photo included for Say Something Week!

