

DEN ACTIVITIES

Healthy Content Choices

After watching and reading *Faux Paw and a Time to ACT*, and signing the *Internet Safety Pledge Level I*, use these recommended games to teach your group about making healthy content choices. The suggested activities help teach Scouts how to recognize and respond to harmful content online.

1. WHAT IS HEALTHY & UNHEALTHY CONTENT?

You won't need any materials for this activity.

Tell your Den: Do you remember what Kitty Face sent Faux Paw? (inappropriate photos). That's an example of unhealthy content. What is an example of healthy content?

Lead your Den in a discussion that will help them learn examples of healthy and unhealthy content.

Ask: Can you think of any examples of healthy media? Say some examples, such as:

- Clip from your favorite TV show
- Story book
- Family videos and pictures

Ask: Can you think of any examples of unhealthy media? Say some examples, such as:

- Photo or video of person with no clothes
- Video of people fighting

2. ACTIVATING MY THINKING AND FEELING BRAIN

You will need:

- 1 copy of *Thinking vs. Feeling Brain* per Cub Scout.
- 1 copy of *My Activities* per Cub Scout.
- Scissors.
- Glue sticks or tape.

Tell your Den: We are going to match up pictures of the activities we like to do with two different sections of our brain: the thinking brain, and the feeling brain.

Cubs cut out their activities: Give each Scout a copy of the *Thinking & Feeling Brain* and *My Activities* sheets. Have them cut out the different activities in squares.

Ask:

- What are some things you all like to do for fun, and how do you stay safe and healthy doing them?
- Do you see any of these on your activities papers?
- Which of these activities do you use your feeling brain to do?
- Do you remember what Faux Paw used her thinking and feeling brain to do when she wanted cotton candy?

Tell: Glue your activity squares onto the pictures of the *thinking brain*, or your *feeling brain*.

3. AVOIDING TRAPS

You won't need any materials for this activity.

Tell your Den: Remember how unhealthy content can trap you by making your brain feel like it needs to see more and more of those pictures.

Ask: How did Kitty Face trap Faux Paw? (sticky gum). Luckily, Faux Paw's friends, Cursor and The Governor, were looking out for Faux Paw.

Tell: We can help our friends avoid traps by looking out for them. There are a couple clues that show someone might be trapped by unhealthy content. I am going to say a couple sentences – raise your hand if you think the Scout in the sentence is trapped:

- He comes to our Den meetings all the time.
- He always stays home to play video games.
- He goes online when he isn't supposed to.
- He participates in our fun activities.



- He doesn't mind leaving his digital devices (like phone, tablet, computer) at home.
- He lies about how long he has been online.
- He has to use the internet and technology to have fun.

Tell: If you think you are trapped or one of your friends is trapped, remember to TELL a trusted adult. You will never be in trouble! We can help you re-balance your thinking and feeling brain.

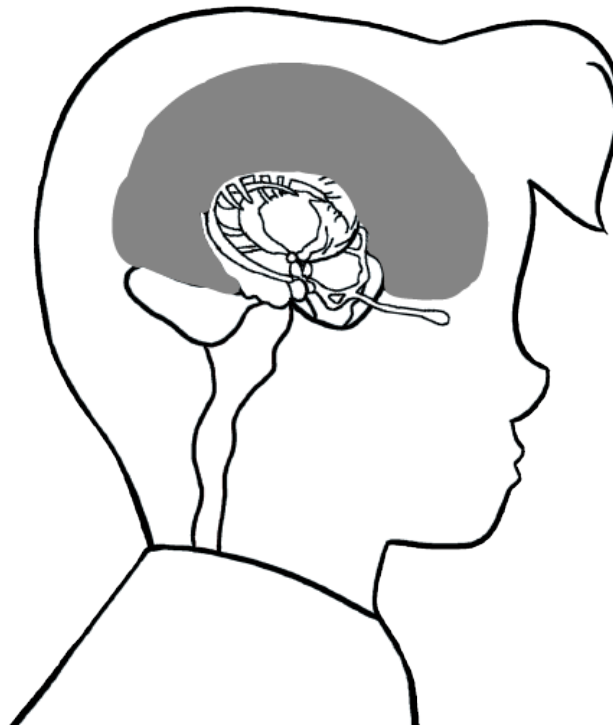
THINKING & FEELING BRAIN

Glue your activity squares onto these pictures of your *thinking brain* and your *feeling brain*.

THINKING BRAIN



FEELING BRAIN



THINKING & FEELING BRAIN

Cut out these activity squares to glue on your *thinking brain* and *feeling brain*.



Desserts are yummy!



Reading is brain food.



Unbelievable! That was interesting.



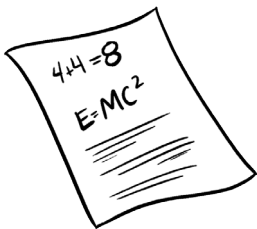
I feel happy with happy music.



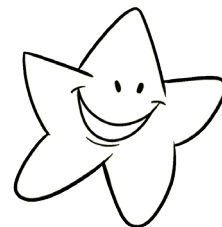
Exercising keeps me healthy.



Healthy food makes me strong.



I'm solving problems!



I feel excited.