

PACK MEETING OUTLINE

Healthy Content Choices

SCOUT BUSINESS CONDUCTED

HEALTHY CONTENT ACTIVITY: WITH *FAUX PAW AND A TIME TO ACT*

Say to Cub Scouts: The Boy Scouts of America can help you to have healthy habits with technology. There are 2 words that Scouts should always remember. It is the Boy Scout motto. Raise your hand if you know what these 2 words are.

Ask: What are they? What is the Boy Scout motto?

Answer: *Be prepared.*

The part of Scouting that helps you use technology is the Cyber Chip. This can help you keep your mind and body strong. We call this “Staying Scout Strong.”

Stand up and say in a powerful voice: “Stay Scout Strong” with me. **Repeat:** “Stay Scout Strong.”

Say: You are going to hear a story, *Faux Paw and a Time to ACT*. This is a fun book about a cat who loves technology. This book will help you to “be prepared” when you use technology. Faux Paw is surprised by what comes up on his screen. You will hear a keyword that will help Faux Paw. See if you can remember what that special word is.

Read Book: Digital book projected on a screen works best for larger groups at Pack meetings.

DISCUSSION GUIDE

Say: Making healthy choices about what you look at on your screen keeps your brain healthy and allows you to Stay Scout Strong!

Ask:

- Was Faux Paw surprised by what happened when porn came up on the screen?
- How did Faux Paw describe how he felt when he saw the pictures? *Confused, embarrassed, mixed up.*
- Could you, a member of your family, or a friend be surprised by something that came up on the screen of a tablet or a computer?

Say: Because technology (a cell phone, tablet, or computer) can put you in touch with so much of the world, it is likely you will see things that are unhealthy and unsafe. But, you can “be prepared” and make wise choices.

HOW TO MAKE HEALTHY CHOICES

Say: Cursor was a true friend.

Ask: What was the word Cursor told Faux Paw? (“ACT”)

He told Faux about the word “ACT.” Remembering what Cursor told Faux Paw about the word “ACT” gives you a proactive skill. You are empowered by knowing just what to do.

Ask: What does each letter stand for? A, C, T ?

Show ACT Visual.

How can that word be helpful?

Answer: *Reminds me to always choose healthy content. It’s a keyword for what I should do.*

Say: You and your parents make choices every day about what you see when using digital devices. Every day this word, “ACT,” can help you.

Say: Let’s talk about healthy brains. Cursor told Faux Paw: “... the media and content you see-- influences your brain.” Science has found that pornography and violent pictures cause your brain to lose the healthy balance it needs.

Say & do actions together:

Put your hand on your forehead. What did Cursor call this part of your brain? **Answer:** *Thinking brain.*

Put your hand at the back of your head. What did Cursor call this part of your brain? **Answer:** *Feeling brain.*

Both parts are important. But we can become trapped if we let our feeling brain take over our thinking brain.

Say: Cursor told Faux Paw: “The feeling part of your brain might be curious about porn or attracted to it. That is normal. But, the thinking part of your brain can help you...”

Ask: So, what does your thinking brain do to help us make healthy choices? **Answer:** It can judge what is really safe and best. It can remind us about “ACT.”

Say: Let’s ask your parents 2 questions.

Ask: Why would it be important to talk with your family about healthy media and content? How could this word, “ACT,” be helpful to you?

Give out hard copy of *Parent Tips*. Point out the link at the bottom for more information.

Say: It isn’t just once or twice, but every time unhealthy content comes up on your screen, remember you to “ACT.” If you always “ACT,” you will “Stay Scout Strong!”

“ACT”

A – **ALERT** your mind:
This is porn! I
know unhealthy
content when I
see it.

C – **CLOSE** the lid

T – **TELL** a parent or
trusted adult