

NAME:

Close-Reading Questions

Standing Up for Diversity

1. How did Taylor use social media to help Kheris when she was upset about being bullied in school? Which hashtag did she use, and where did it come from?

2. What happened in the month following that tweet?

3. What did Kheris do with the profits from her shirt sales?

NAME: _____

Critical-Thinking Questions

Standing Up for Diversity

1. Kheris was bullied for something that was out of her control. Has something like that ever happened to you or someone you know? Describe the situation and how it made you feel.

2. Why do you think 44 percent of middle schoolers experience bullying in the form of name-calling? Explain your answer.

3. How often does bullying stop when a peer intervenes? Why do you think that is?

NAME:

Flip The Script

Directions: Kheris's response to being bullied was to spread a positive message. Pick an issue that you feel needs attention and come up with a catchy and empowering message to share with the class.

Step 1: Identify your issue.

Choose a form of bullying that you want to focus on (cyberbullying, name-calling, exclusion, etc.)

Brainstorm some of the possible positive messages you could spread to counteract this issue. Come up with three ideas.

1. _____
2. _____
3. _____

Step 2: Circle the message that you like the best and then try and turn it into a catchy phrase or hashtag. List possible ideas below. Then, check your message with a classmate. Ask them to weigh in on which message they think is best.

- | | |
|---------|---------|
| # _____ | # _____ |
| # _____ | # _____ |
| # _____ | # _____ |
| # _____ | # _____ |

Step 3: How are you going to present this message? A flyer, a laptop sticker, an Instagram post? Sketch out a mock-up of your visual and then get to work on making your campaign visually appealing too!

NAME:

Quiz: Standing Up for Diversity

Directions: After reading “Standing Up for Diversity” on pages 22-23 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. What inspired Kheris to stand up against colorism?

- Ⓐ Watching a movie about it
- Ⓑ Learning about it in school
- Ⓒ Being teased by classmates
- Ⓓ Seeing something on social media

2. Which social media platform did Kheris’s sister use to share the hashtag #FlexinInHerComplexion?

- Ⓐ Instagram
- Ⓑ Twitter
- Ⓒ Facebook
- Ⓓ TikTok

3. What did Kheris do after her first round of T-shirts sold out?

- Ⓐ She ordered more from the designer.
- Ⓑ She bought a T-shirt press to make more herself.
- Ⓒ She made stickers for people instead.
- Ⓓ She posted on Instagram letting people know they were sold out.

4. Where did Kheris’s sister get the saying #FlexinInHerComplexion?

- Ⓐ It was a lyric from one of her favorite songs.
- Ⓑ It was their grandmother’s favorite phrase.
- Ⓒ She saw it in a magazine article.
- Ⓓ One of her friends posted it on social media.

Directions: Write your answer in the space below the question. Use complete sentences.

5. What did Kheris do with all of the profits from her shirt sales?

6. What did Kheris’s teacher do that made her upset?

7. How did celebrity attention help Kheris spread her message even further?

NAME:

Viral Advocacy

Directions: One tweet was just the beginning for Kheris. Since then, she has launched a T-shirt line, started a foundation, and is still using her voice to advocate for positive change. Using this guide, go online to find out what Kheris is up to now and how her online movement is continuing to grow.

Skim through the top results from a Google search of Kheris Rogers. Where and when was the most recent news article about her published?

Explore Kheris's Instagram account. What are some of her latest posts about? What big projects does she have in the works? Hint: There's something coming up on a major cable network!

Now click on the video results and watch a news clip about Kheris. What new information did you learn about Kheris from the clip?

After reading the article and seeing additional info about Kheris, what are some lessons you can learn from her?

NAME:

Vocab: Standing Up For Diversity

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

empowerment

colorism

distress

intervenes

1. Kheris was inspired to create her campaign after she experienced _____, which is prejudice based on skin tone.
2. When Kheris's sister noticed her _____, she posted a photo of Kheris on Twitter with the hashtag #FlexinInHerComplexion.
3. To spread her message of _____, Kheris decided to make shirts with the phrase "Flexin' in My Complexion" as a way to help others love their skin tone.
4. More than half the time, bullying stops when a peer _____.

NAME:

Close-Reading Questions

Should Instagram Ditch Likes?

1. What happens in your brain when you get a like on a post?

2. In what ways does Claire think Instagram has become too competitive?

3. Rather than hiding likes, what issue does Remy think Instagram should focus on?

NAME:

Critical-Thinking Questions

Should Instagram Ditch Likes?

1. According to a recent study by the Child Mind Institute, what mental health issues are linked to social media use? Why do you think that is? Be sure to explain your answer.

2. If likes were no longer an option on social media, would it affect the way you post?

3. How much time per day does the average Instagram user spend scrolling? How does your use compare with that? Be honest!

NAME:

Quiz: Should Instagram Ditch Likes?

Directions: After reading “Should Instagram Ditch Likes” on pages 2-5 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. Instagram reports that the like button is used around _____ times per day.

- Ⓐ 500,000
- Ⓑ 2 million
- Ⓒ 3.5 million
- Ⓓ 7.5 million

3. What percentage of teens in the U.S. use Instagram?

- Ⓐ 28%
- Ⓑ 50%
- Ⓒ 96%
- Ⓓ 72%

2. What is the most liked image on Instagram— with over 53 million likes?

- Ⓐ The Women’s World Cup team
- Ⓑ An Ariana Grade concert
- Ⓒ An egg
- Ⓓ A puppy and a kitten playing together

4. Photos with which color get 24% more likes?

- Ⓐ Red
- Ⓑ Blue
- Ⓒ Green
- Ⓓ Yellow

Directions: Write your answers in the spaces below. Use complete sentences.

5. In what ways do people use Instagram to display their creative talents?

6. How did posting on Instagram help Remy get through a difficult time?

7. How does the Instagram “explore” page use likes?

NAME:

Real-Life Likes

Directions: Social media can sometimes lead to less meaningful human interactions. To help turn that around, use the planning guide below to start a campaign to spread compliments and positivity throughout your school community.

Part 1: The Message

What would you like people to know? List three compliments that you think everybody would like to hear.

1. _____
2. _____
3. _____

Part 2: The Delivery

How will you get your messages to people? _____

Where will you display them? _____

What will you display them on? _____

Part 3: The Plan

How is this going to work? Think of the different steps involved and decide who will be responsible for each. Don't forget to add a deadline for each of your steps!

	Step	Person Responsible	Date to be completed
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Part 4: The Reflection

How did it go? Be sure to check back in to see how people have responded to your messages. What went well? What would you do differently next time?

NAME: _____

Social Media Break

Directions: Some people take a hiatus from social media to protect their mental and emotional health. Complete this self-assessment to see if you need to take a break.

Answer yes or no to the following questions.

Check the screen time function on your phone. Do you spend more than one hour a day on social media?

YES _____

NO _____

Have you ever taken down a post after it didn't get as many likes as you wanted?

YES _____

NO _____

Do you ever feel worse about yourself after scrolling through your social media feed?

YES _____

NO _____

Have you recently missed out on something happening in real life because you were caught up with what was happening online?

YES _____

NO _____

What are the guidelines for your break? Fill in the blanks below.

Social media platform(s) I will take a break from: _____

I will take a break for _____ days, starting on _____.

Will I need to let any of my friends know? _____

How do you feel about taking a social media break? What do you think you might learn from the process? Write your honest reflection below.

NAME:

Vocab: Should Instagram Ditch Likes?

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank		
dopamine	deliberating	gauge
	preoccupied	

1. Claire worries that being so _____ with getting likes on Instagram isn't good for her mental health.
2. She and her friends are so concerned about getting likes that they spend a huge amount of time _____ over their posts.
3. Remy argues that getting rid of likes would take away the chance for artists to _____ what their audience enjoys and build their following.
4. When one of your posts gets a like, _____ is released in your brain, making you want to post even more.

NAME:

Close-Reading Questions

Flex Your Workout

1. How can being active improve your mental and emotional health?

2. What has Isabella gained from practicing capoeira?

3. What is LARPing?

4. How did DJ get into jumping rope?

NAME: _____

Critical-Thinking Questions

Flex Your Workout

1. How physically active are you? Do you think you have enough movement built into your day? Explain your answer with specific examples.

2. Of all the unique activities included in the article, which one do you think you would be most interested in trying? Why?

3. Even though people know exercise is good for their health and well-being, many still have a hard time getting motivated. What are some of the factors that might be holding them back?

NAME:

Quiz: Flex Your Workout

Directions: After reading “Love Your Workout” on pages 12-15 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. Jumping rope is good for which area of physical health?

- Ⓐ Flexibility
- Ⓑ Strength
- Ⓒ Cardiovascular
- Ⓓ Hand-eye coordination

3. What does the acronym LARP stand for?

- Ⓐ Long aerobic recreational play
- Ⓑ Live action recreational play
- Ⓒ Light aerobic rebounding plan
- Ⓓ Live action role play

2. How did Isabella discover capoeira?

- Ⓐ Her father is a coach.
- Ⓑ She saw it in a movie.
- Ⓒ Her friend was trying it.
- Ⓓ It was a club offered at her school.

4. What is the name for jumping rope that involves jumping between two ropes?

- Ⓐ Double Dutch
- Ⓑ Team Freestyle
- Ⓒ Double Rope
- Ⓓ Freestyle Doubles

Directions: Write your answers in the spaces below. Use complete sentences.

5. What is disc golf and how can you get started?

6. If you wanted to try rebounding, what could you do?

7. How can being physically active make you a better student? Be sure to include at least two examples.

NAME: _____

Try Something New

Directions: Finding new ways to stay fit can improve health literacy. Using this research guide, go online to find out more about one of the activities featured in the article.

Part 1: Choose an activity.

Which of the six activities featured in the article would you be interested in trying/like to know more about?

Are there YouTube clips with more details about the activity available? ___YES ___NO

What about this activity interests you? _____

Part 2: Go online to find out if this activity is offered anywhere nearby and answer the questions below.

Where is the nearest place you can learn more about or get involved with this activity?

Would this activity fit into your schedule easily? _____

How often would you be able to practice per week? _____

Would it cost you money to join? _____

Part 3: After you've tried this activity—either in person or with an online guide—reflect on the experience.

Is this an activity you'd like to try again? Why or why not? Explain your answer.

Vocab: Flex Your Workout

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

stamina

advocate
segmented

cardiovascular

1. Ava says that taking on a character while LARPing gives her confidence and teaches her how to _____ for herself and her choices.
2. Jumping rope gets your heart pumping and provides a great _____ workout.
3. As you practice jumping rope, you'll build _____, which means you'll be able to do it for longer bursts of time without getting tired.
4. A _____ rope is made from separate pieces of plastic, making it slower and easier to use.

NAME: _____

What's Your Workout?

Directions: When you find an exercise routine that you enjoy, it's easy to make it a part of daily life. Using this guide, create a poster about your favorite way to maintain your physical health.

What is your favorite way to get exercise? _____

What is it about this activity that you enjoy? Be sure to include at least three specific details.

1. _____

2. _____

3. _____

How do you feel when you're doing this activity?

Why do you think other people should try this activity?

Use the space below to sketch out your poster design.



NAME:

Anti-Gossip Shield

Directions: Gossiping is a common connector for many teens, but it's often because they don't know what else to make small talk about. Using the template below, design a defense strategy to help you change the subject in a flash.

Fill the sections in with questions you can ask anybody and add some drawings or visuals to make your shield stand out.

School Details. (e.g. "Have you figured out that social studies project yet?")

Pop Culture. (e.g. "What's your favorite show on Netflix right now?")

Sports & Activities. (e.g. "What clubs are you thinking about joining this year?")

Miscellaneous. (e.g. "Do you have any pets?")

NAME:

Close-Reading Questions

The 7 Types of Toxic Friendships

1. According to the article, what makes a friendship toxic?

2. What is the best way to handle a friend who continues to flake on you?

3. How can you tell if a friend is more interested in gossiping than in developing an actual friendship?

NAME: _____

Critical-Thinking Questions

The 7 Types of Toxic Friendships

1. Which of the seven types of toxic friends do you think you've dealt with in the past? What was it about the friendship that makes you say that?

2. Be honest: Which type of toxic friend are you most likely to be if you're not careful? What is it about you and your actions that makes you say that?

3. Even when it's clear that a friendship has reached its end point, people can still have a hard time letting go. Why do you think that is?

Quiz: The 7 Types of Toxic Friendships

Directions: After reading “The 7 Types of Toxic Friendships” on pages 6-11 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. Which of the following is an example of how a controlling friend behaves?

- Ⓐ They constantly borrow money without paying you back.
- Ⓑ They cut you off and speak on your behalf.
- Ⓒ They constantly break plans with you at the last minute.
- Ⓓ They always bring you a thoughtful treat.

2. Which of the following is not suggested as part of a toxic friendship detox plan?

- Ⓐ Ask for what you need.
- Ⓑ Take space.
- Ⓒ Block them on all social media.
- Ⓓ Make new friends.

3. What's the best way to deal with a friend who only likes to gossip with you?

- Ⓐ Change the subject and see how they respond.
- Ⓑ Gossip about them to mutual friends.
- Ⓒ Tell your teacher.
- Ⓓ Cut all ties and end the friendship right away.

4. How would you classify a friend who always cancels on you at the last minute?

- Ⓐ The Competitor
- Ⓑ The Flake
- Ⓒ The User
- Ⓓ The Bad Influence

Directions: Write your answers in the spaces below. Use complete sentences.

5. Why is having a controlling friend so toxic during your teenage years?

6. How can you tell if a friend is a bad influence and what should you do about it?

7. When does teasing and joking turn into toxic friendship behavior?

NAME: _____

Red Flag Friendship

Directions: It's easier to spot a toxic friendship between others than it is to see the ones we're a part of. Using this guide, identify an unhealthy relationship from a TV show, book, or movie, and describe the signs that pointed to problems for the characters involved.

Name of the show/book/movie: _____

Characters involved: _____

Who would you say is the toxic friend? Is it just one person, or is it both of them? Explain.

Which of the seven types of "toxic friend behaviors" does this character most often display?

What were some of the initial "red flags" that the relationship was toxic? Include at least three.

1. _____
2. _____
3. _____

Did any other characters try to warn the innocent character about the toxic friend?

How did the situation resolve? Did the toxic friend change, or did the friendship end?

What is a lesson you can learn from this relationship?

NAME: _____

Vocab: The 7 Types of Toxic Friendships

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

intervention

Word Bank

facade

spur

toxic

1. A friendship is _____ when one person is being emotionally harmed or “used” by another—the relationship becomes more of a burden than a support.
2. When a friend is a bad influence, they might _____ you to do something that doesn’t align with your values.
3. If a friend uses the _____ of a joke to make a horrible comment to you, it might be time to take a break.
4. One of the steps suggested for a friendship _____ would be to take some space and then come back to the conversation with a cooler head.

NAME:

Close-Reading Questions

What Juul's Hiding

1. How did Juul use social media to market their product to teens?

2. How did Juul get access to students in school for direct marketing?

3. What are the signs that someone might be hooked on Juuling? Describe at least two.

NAME:

Critical-Thinking Questions

What Juul's Hiding

1. How much does a four-pod-a-week Juul habit cost over the course of a year, and what could you do with that money instead?

2. Out of all of the tactics used by Juul to hook teens, which do you think is the most manipulative, and why?

3. What would you say to a younger student who was developing a vaping habit? Support your response with specific pieces of evidence and data.

NAME:

Quiz: What Juul's Hiding

Directions: After reading "What Juul's Hiding" on pages 16-21 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. Why did Chance decide to quit vaping?

- Ⓐ He got caught by his parents.
- Ⓑ He ran out of money.
- Ⓒ He ended up in a coma from lung disease.
- Ⓓ The state he lives in banned the sales of vaping devices.

2. When did Caleb testify against the Juul corporation?

- Ⓐ During a lawsuit trial.
- Ⓑ During a congressional hearing.
- Ⓒ During an inquiry by the FDA.
- Ⓓ During a civil suit trial.

3. Which of the following tactics did Juul borrow from Big Tobacco companies?

- Ⓐ Using fake "medical experts" to say Juul is safe.
- Ⓑ Providing free products to get people hooked.
- Ⓒ Using young models to make their product appear cool.
- Ⓓ Creating a cartoon mascot to lure younger kids.

4. Why did Emily start buying her own Juuls?

- Ⓐ She saw it on social media and thought it looked cool.
- Ⓑ She was sharing her friend's Juul and then got hooked.
- Ⓒ Her older brother no longer wanted to share his.
- Ⓓ She was trying to rebel against her parents.

Directions: Write your answers in the spaces below. Use complete sentences.

5. How did Juul use flavors to hook teens, and where did they learn this tactic from?

6. How does nicotine impact brain development? Be sure to include at least two different examples.

7. How is the Juul company directly involved with Big Tobacco?

NAME: _____

Ruuled By Juul

Directions: Many young people use Juuls because they aren't aware of the risks and just want to follow along. Using this advocacy plan, come up with a campaign to help get the word out—before unsuspecting teens get hooked.

Part 1: Choosing the facts.

What do you want your peers to know about Juuls? Pick at least 2-3 facts you think everyone should know. Write them down below.

1. _____
2. _____
3. _____

Part 2: Ensuring that the info sticks.

Think of a clever way to catch people's attention and make them think.

Part 3: Making your message stand out.

How will you display your message? (poster, shirt, laptop sticker, infographic, etc.) _____

Where you will put it to reach the most people? _____

Sketch out your plan below or on the back of the worksheet.

NAME:

Today in Vape News. . .

Directions: With Juul in the news almost every day, it's important to stay on top of the latest headlines. You're going to go online to find the newest information to share with the rest of the class.

You will need:

Large chart paper (one sheet per table or group of 3-4)

Markers

Tape to hang your chart paper on the wall for your gallery walk.

Part 1: Research (15 minutes)

Go to the Google News search tab and search “vaping” or “teens and vaping.” What comes up?

Scan through one or two of the articles, and take down at least three key stats or facts you want to share with your group. Be sure to provide the name or web address for the source where you find your information.

1. _____
2. _____
3. _____

Part 2: Table Share (10 minutes)

Select someone to take down the facts shared during the group chat

Go around the group sharing one fact each. The note-taker will make a bullet point list of the facts, consolidating any repeats.

Part 3: Gallery Walk (15 minutes)

Select one group member to post the chart in an available space around the room.

Starting at a poster that isn't yours, you and your classmates will conduct a silent gallery walk. Bring a marker with you to add any questions, thoughts, or reactions to the facts that others decided to share.

Write down one fact—other than the one you shared—that surprised you.

NAME:

Vocab: What Juul's Hiding

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

subconsciously
manipulative

nicotine
ploys

exacerbated
stimulant

1. Juul pods have high levels of _____, which is leading to addiction among teens.
2. In June 2019, there was a congressional investigation into the marketing _____ that Juul used to appeal to large numbers of young people.
3. Research revealed that Juul has been using _____ tactics to target teens with its dangerous products.
4. Even if you are immune to peer pressure, you can be influenced _____ by what you see on social media.
5. Nicotine is a _____, which means it can lead to anxiety and lower your attention span.
6. Chance ended up in the hospital when his pre-existing lung condition was _____ by his vaping habit.