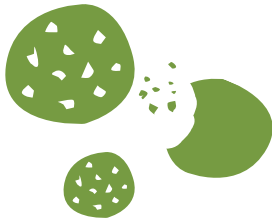


Teachable Recipes for Teachers

Who's on the Internet?

Ingredients:

- 1 batch of cookies switching the salt and sugar measurements
- 1 batch of regular cookies



Directions:

Have your students take a bite of the extra salty cookies.
How did the cookie taste?

Let's imagine the cookie is someone on the Internet. Like the cookie, people online may seem tempting on the surface, but they might not be as great as they seem. We have to be cautious when talking to people online. We trusted that the cookie was going to taste good because it looked good, but it didn't end up being the type of cookie we would want. People on the Internet are the same way - we can't trust that they will always be the type of person we want to know and share things with.

Now share the regular batch of cookies with your students!

Trusted Adult

Directions:

Hold up one dry spaghetti noodle. Have a student break the noodle in half. *Was that easy? Do you see how easy it is to break one piece of spaghetti? That's like you being alone and not having anyone to turn to if you need help, are worried, or just need someone to talk with. It's harder to be strong and safer when you are by yourself.*

Next, take the entire package of dry spaghetti noodles and hold them bunched together in your hand. Have another student attempt to break the entire bunch of noodles in half. *Why can't you break the noodles? All those noodles bunched together represent your family and friends who are here to help you. Being surrounded by family and friends will help protect you. Who are some of your trusted adults?*

*Try it with larger-sized pretzel sticks to give your students a special treat!

Ingredients:

- Uncooked spaghetti noodles*



Teachable Recipes for Teachers

Cyberbullying

Ingredients:

- 1 package of instant pudding mix
- 2 sealable plastic bags
- Milk



Directions:

Pour the pudding mix into one plastic bag and hold it up for the students to see. *This pudding mix represents a rumor someone started online.* Now add the milk. *This milk represents the truth.* Seal the plastic bag and place it inside the other plastic bag. Once you seal the second bag, pass it to a student. Have your students toss the bag to each other until the pudding is mixed. *Do you see how the powder has mixed with the milk? When people cyberbully by saying mean and untrue things about other people online, the gossip and lies quickly travel from one person's computer to another. Cyberbullying can mix the truth with lies just as the milk mixed with pudding powder. It's hard to stop rumors from spreading, and their effects can be permanent. The powder and milk permanently changed to make pudding, and the reputation of a person who is being cyberbullied can be permanently changed. If you are ever cyberbullied, it is important to not respond, save the evidence, and tell a trusted adult.*

Now share the pudding with your students!

Viruses

Directions:

Give each student a piece of bread and a plastic bag. *Imagine your piece of bread is your computer. Now place your bread in the bag and sprinkle a few drops of water on it. The water represents a file that you downloaded online from someone you didn't know.* Now have students place their bags in a warm, dark area, like a closet, and check the bread daily. Have students chart the appearance of their bread: no mold, spots of mold, a lot of mold, etc. After one week ask, *Who has mold growing on their bread? The mold is like a virus. Just like the water and dark closet made mold grow on your bread, a virus can grow in your computer when you download files from someone you don't know. You should only download from people or websites you know you can trust.*

Now safely discard the moldy bread!

Ingredients:

- 1 loaf of bread
- 1 box of sealable plastic bags
- Water

