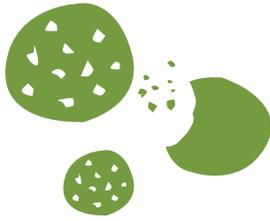


# Teachable Recipes for Parents

## Who's on the Internet?

### Ingredients:

Prepare a cookie recipe in advance switching the salt and sugar measurements



### Directions:

Have your child take a bite of the extra salty cookie. Ask, *how did the cookie taste? Were you surprised? Why?*

Then tell your child, *let's imagine the cookie is someone on the Internet. Like the cookie, people online may seem appealing and wonderful 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 make your favorite cookie recipe with your child!

## Trusted Adult

### Directions:

Hold up one dry spaghetti noodle. Have your child 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 your child 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 friends and family will help protect you. Who are some of your trusted adults?*

Now make spaghetti for dinner using the noodles!

### Ingredients:

Uncooked spaghetti noodles



# Teachable Recipes for Parents

## Cyberbullying

### Ingredients:

Clear pitcher of water

Powdered juice mix



### Directions:

Show your child a clear pitcher of water. Point out that the water is clear or colorless. Have your child mix in the powdered juice.

*What is happening to the water? Has anyone ever said unkind things about you to someone else online or in the real world? Just like the juice mix quickly changed the water's color, rumors can quickly spread on the Internet. Sometimes people say mean or untrue things about other people online. The gossip and lies quickly travel from one person's computer to another, like the juice mix quickly spread and dissolved in the water. There's no way to stop rumors from spreading, and their effects can be permanent. The water permanently changed color, and the reputation of a person who is a victim of cyberbullying can be permanently changed. If you are ever cyberbullied it is important not to respond, save the evidence, and tell a trusted adult.*

Now share a glass of juice with your child!

## Viruses

### Directions:

Have your child place a slice of bread in the bag and sprinkle a few drops of water on it. *Imagine your piece of bread is your computer. The water represents a file that you downloaded online from someone you didn't know.*

Now place the bag in a warm, dark area, like a closet, and check it after one week. *Is there mold growing on the 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 slice of bread

1 sealable plastic bag

Water

