

# CAMP CHALLENGE

*Creative Activities for Meaningful Prevention*



## The Good & Bad of Technology

Technology makes our lives better. Especially right now when we need technology for school, our parents to work from home, shopping, connecting with friends and family and for fun! We also need to be aware of the dangers of technology so we can protect ourselves from harm.

*Unscramble the words or phrases below and place it under GOOD or BAD*

**GOOD**

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**BAD**

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- Nuf
- ybcer ullbnigy
- lanrieg
- datcoini
- rsetss rlfeci
- ganre
- fdriens
- transgers
- xeircese
- olse fiendsr
- leefs odgo
- haresgni
- forinatioim
- meatkrow
- seol meit

**WORD BANK**

- fun
- feels good
- strangers
- learning
- teamwork
- lose friends
- stress relief
- cyber bullying
- sharing
- friends
- addiction
- information
- exercise
- anger
- lose time

**See this week's game board and activities >>>**

First Name: \_\_\_\_\_

Pick-up Site: \_\_\_\_\_

Play outside

Create family internet rules

Play safely with a friend or relative

What type of music are balloons scared of?

Pop music!

I UN-PLUG to...

Create a family internet schedule

Could you go one day without any technology? Maybe challenge your family to see who can last the longest!

Watch Prevention in Pajamas video

What are your family rules around gaming & technology use?

### WAYS TO BE SAFE ONLINE

- Never share your personal information. This includes: your school, last name, address or phone number
- Make sure settings are set to private
- Limit access to your location-check settings on games and apps like Snapchat
- Beware of who you friend! You can't see who is on the other end.

*If anyone ever makes you feel uncomfortable, BLOCK, DELETE, and TELL AN ADULT.*

## How to Play



1. Color in a game tile after completing a challenge. Challenges can be completed by children, parents/guardian or the entire family.
2. Take a picture of your completed board and share it in a Facebook post (be sure it's public so we can see it!) before July 31, 2020.
3. Then tag your pick-up site and @COCABerks with the hashtag #COCACampChallenge.

Email to [AKline@cocaberks.org](mailto:AKline@cocaberks.org) if you don't have Facebook.

**The pick-up location with the most entries will get a pizza party!**