



TeachSmarts

September 24, 2025

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LifeSmarts is soaring into the new season with fresh tools to help students succeed. Two highlights are now live:

Staying Safe from Online Harm Lesson

Our newest [LifeSmarts U lesson, *Staying Safe from Online Harm*](#) teaches students how to protect themselves in today's digital world. The lesson explores how harmful content, scams, and manipulative behavior can show up online, and gives students strategies to recognize and respond. Coaches can use it as a team activity, assigning discussion questions or having students share examples of how they stay safe online. This lesson builds both tech awareness and critical thinking skills—two essentials for competition and real life.

Special Edition Staying Safe from Online Harm TeamSmarts Quiz

In conjunction with the release of this new lesson, we are offering a *special edition* TeamSmarts quiz, **open now – October 31!** TeamSmarts is available under your Team Captain's Quizzes link when they login at [LifeSmarts.org](#). Teams work together to complete the quiz!

Encourage your team(s) to take it for extra practice and the chance to earn \$100.00 cash prizes! Top scoring Varsity, Junior Varsity, 4-H, BPA, FBLA, FCCLA, and SkillsUSA teams will be awarded. These winning teams will also have an opportunity to participate in a special project to share the lesson with others.

Share this lesson and the special TeamSmarts quiz with your students and LifeSmarts teams today!

Until next week,
The LifeSmarts Team

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