

Study Guide: Be a Media Master!

Topic: Responsible Online Behavior and the Rubber Band Rule

Grade Level: 3rd Grade

Introduction

This guide is to help students understand why thinking before they post online is important and to explore the consequences of their online actions, as explained by Steve Trash in the video.

Key Vocabulary

- **Media Master:** A person who acts responsibly and thinks carefully about their online and offline actions.
- **Rubber Band Rule:** A reminder that anything you post online can come back to you, just like a rubber band snapping back.
- **Social Media:** Websites or apps where people share thoughts, pictures, and videos, like YouTube, Instagram, or TikTok.

Discussion Questions

1. What does it mean to be a “Media Master”?
2. Why should you think before you post something online?
3. What is the Rubber Band Rule, and how does it work?
4. Can you think of an example of something you wouldn’t want to “snap back” on you?
5. How can being responsible online make the internet a better place for everyone?

Activities

1. The Rubber Band Experiment

- **Materials:** Rubber bands
- **Action:** Each student stretches a rubber band and lets it snap back gently.
- **Discussion:** Ask students how it felt when the rubber band snapped back. Connect this to the Rubber Band Rule by explaining that posts online can have a similar effect—they can come back to you later.

2. Think Before You Post Chart

- **Create a Chart:** Write five questions on the board or a poster:
 - Would I want to be treated this way?
 - Is it helpful?

- Is it hurtful?
 - Is it true?
 - Could it snap back and cause problems?
- **Class Activity:** Ask students to give examples of posts that would pass or fail this test. Write these examples in two columns: *Good Posts* and *Think Again Posts*.

3. Role-Playing Game

- **Setup:** Divide the class into pairs.
- **Scenario:** One student acts as someone posting online, and the other imagines how the post might “snap back.”
- **Example:**
 - *Student A:* Posts a funny but mean picture of a friend.
 - *Student B:* Explains how this could hurt their friend’s feelings and lead to problems later.
- **Switch Roles:** Encourage students to think of both positive and negative scenarios.

Extension Activity

Creative Drawing Prompt

- **Prompt:** Draw a picture of yourself as a Media Master superhero. Add speech bubbles or thought clouds to show how you would use the Rubber Band Rule to make good decisions online.

Wrap-Up

- **Recap:** “The Rubber Band Rule reminds us that everything we do on social media can snap back on us later. Being a Media Master means thinking first and making good choices!”
- **Challenge:** Encourage students to practice being Media Masters this week. Ask them to share an example during the next class of how they thought carefully before posting or sharing something online.

Teacher Note

Use these activities to guide discussions about kindness, responsibility, and the power of making thoughtful choices online. Encourage students to reflect on their own internet habits and share positive examples of how they can make the digital world a better place.

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