

Study Guide: Be a Media Master - AQBS Rule

Topic: Thinking Critically About Emotional Reactions to Social Media

Grade Level: 4th Grade

Introduction

This study guide is designed to help students explore the importance of asking questions and being skeptical when they feel strong emotions about something they see on social media, as explained by Steve Trash in the video.

Key Vocabulary

1. **Media Master** - Someone who acts responsibly and thoughtfully online and offline.
2. **AQBS Rule** - A rule that reminds us to **Ask Questions** and **Be Skeptical** before reacting to social media.
3. **Skeptical** - Doubting or questioning whether something is true or accurate.
4. **Evidence** - Facts or information that show whether something is true or false.

Discussion Questions

1. What does the AQBS Rule stand for, and why is it important?
2. Why is it helpful to ask questions about your emotions when reacting to social media?
3. What kinds of questions should you ask about a post before reacting to it?
4. How can being skeptical help you make better decisions online?
5. Why is it okay to decide not to respond to social media at all?

Activities

1. Emotion Detective

- Write down different emotions (like happy, angry, sad, excited) on slips of paper and put them in a hat.
- Each student picks an emotion and pretends they've seen a post that made them feel that way.
- The class works together to ask questions about:
 - Why they feel that emotion.
 - Whether they should act on it or wait.

2. Fact or Fake?

- Show students an example of a simple social media post (real or made-up).
- Have them work in small groups to:
 - Ask questions about the post’s truthfulness.
 - Decide what evidence they would need to know if it’s true or false.

3. Strong Emotions Pause Game

- Role-play a scenario where one student sees a post that makes them feel a strong emotion (e.g., anger or embarrassment).
- Another student plays the “pause button,” reminding them to stop and follow the AQBS Rule.
- The class discusses what the person could do next.

Extension Activity

Art Connection: The AQBS Shield

- Have students design their own superhero shield with “Ask Questions, Be Skeptical” written on it.
- They can decorate it with images or words that represent the power of thinking first.

Wrap-Up

- Recap the AQBS Rule: **Ask Questions. Be Skeptical.**
- Emphasize that it’s okay to feel strong emotions but that taking time to think critically before acting is key.
- Challenge: This week, practice the AQBS Rule when you see something online and share what you learned with the class.

Teacher Note: This study guide encourages empathy, critical thinking, and responsible online behavior. Encourage students to share their personal experiences and reflect on how they can use the AQBS Rule in real life.

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