

Media Masters Rock! - The Rubber Band Rule Study Guide

Grade Level: 5th Grade

Duration: 20-30 minutes

Objective: Students will understand the consequences of their actions on social media and learn the importance of thinking before posting.

Before Watching the Video

Discussion Starter:

- Ask the students:
 - What do you think happens when you post something online?
 - Do you think it will stay there forever? Why or why not?
- Introduce the concept of "The Rubber Band Rule":
 - Everything you do online can "snap back" to you, just like a rubber band.

Key Vocabulary:

- **Media Master:** Someone who is responsible and thoughtful when using the internet or social media.
- **Snap Back:** The idea that actions or posts online can return to affect you, either positively or negatively.
- **Social Media:** Websites and apps where people share and interact with content (e.g., photos, videos, messages).

During the Video

Focus Questions:

1. What is the Rubber Band Rule?
2. Why is it important to think before you post something online?
3. Who might see the things you post online?
4. What are some examples of things that can "snap back" on you?

Encourage students to jot down their thoughts or key ideas as they watch.

After Watching the Video

Class Discussion:

- **Question 1:** Why do Media Masters "always think first" before they act online?
- **Question 2:** Can you think of an example of something that could "snap back" on someone? Was it positive or negative?
- **Question 3:** How can being a Media Master make the world a better place?

Activity:

- **Rubber Band Reflection:**
 1. Give each student a rubber band.
 2. Have them gently stretch it and let it snap back to their finger. (Ensure safety by reminding them not to snap too hard.)
 3. Discuss:
 - "How is this like what happens when you post something online?"
 - "What could happen if you don't think first before posting?"

Group Brainstorm:

- Create a list of "Do's and Don'ts" for being a Media Master. Examples:
 - **Do:** Think about how your post will make others feel.
 - **Don't:** Post something when you're upset or angry.

Extension Activity:

Scenario Role-Play:

- Divide the class into small groups. Provide each group with a scenario to act out. For example:
 - "Someone posts a mean comment about a classmate."

- "You see a funny but embarrassing picture of a friend and want to share it."
- Each group presents their scenario and discusses:
 - What would a Media Master do?
 - How could the Rubber Band Rule apply?

Reflection:

- **Journal Prompt:** Write about a time you thought before you acted online. How did it make a difference? Or, describe how you can be a better Media Master in the future.

Wrap-Up:

- Recap the key message:
 - **The Rubber Band Rule:** Everything you do on social media can snap back on you.
 - Always THINK before you post.
 - Treat others the way you'd like to be treated.
- Encourage students to practice the Rubber Band Rule at home and share what they learned with their families.

Teacher Tip: Use this guide alongside the video to spark meaningful conversations and help students build responsible digital habits.

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