

Study Guide: Media Masters Rock! The Rubber Band Rule

Grade Level: 6th Grade

Subject Focus: Digital Literacy and Digital Citizenship

Objective:

Students will understand the concept of the "Rubber Band Rule," learning how their actions on social media can have lasting consequences and the importance of thinking before they post.

Before Watching the Video

Discussion Starter:

1. Have you ever heard the saying, "What goes around comes around"? What do you think it means?
2. Why do you think it's important to be careful about what we say or do online?

Vocabulary:

- **Media Master:** Someone who acts responsibly and thoughtfully on the internet.
- **Rubber Band Rule:** A rule that reminds us everything we do on social media can come back to us, like a rubber band snapping back.
- **Social Media:** Websites or apps where people share posts, pictures, and messages with others.

While Watching the Video

Key Points to Listen For:

- What is the Rubber Band Rule?
- Examples of how things posted on social media can snap back on you.
- Why is it important to think before you post?

After Watching the Video

Discussion Questions:

1. What does the Rubber Band Rule mean in your own words?
2. Can you think of an example where someone's post might snap back on them? Was it something mean, funny, or helpful?
3. Why do you think it's important to remember that nothing online ever really goes away?

Activity: Rubber Band Reflection

1. **Materials Needed:** Rubber bands (one for each student).
2. **Instructions:**
 - Give each student a rubber band. Ask them to pull it back gently and then release it.
 - Discuss how the rubber band snapping back is like the consequences of our actions on social media.
 - In small groups, brainstorm examples of posts that could "snap back" positively and negatively.
 - Share group ideas with the class.

Extended Learning

Reflection Activity:

Write a paragraph about how you can use the Rubber Band Rule to guide your actions online. Include an example of a situation where you would think before posting.

Creative Task:

Design a poster for the classroom that illustrates the Rubber Band Rule. Include a slogan like "Think Before You Post" and examples of good online behavior.

Home Connection:

Ask a family member about their experience with social media. Have they ever seen something snap back on someone? Share the Rubber Band Rule with them and discuss how it applies to their online habits.

Wrap-Up

Media Master Pledge:

Work as a class to create a pledge to follow the Rubber Band Rule. Include statements like:

- “I will think before I post.”
- “I will take responsibility for my actions online.”
- “Would I like to be treated this way?”
- “I will remember that my actions on social media can come back to me.”

Teacher Note:

Encourage students to share what they learned about the Rubber Band Rule with friends and family. Reinforce the idea that thoughtful online behavior makes the internet a better place for everyone.

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