

Study Guide: Media Masters Rock! The Rubber Band Rule

Grade Level: 7th Grade

Subject Focus: Digital Literacy and Digital Citizenship

Objective:

Students will understand the concept of "The Rubber Band Rule" and its implications for online behavior, learning to think critically before posting or engaging on social media.

Before Watching the Video

Discussion Starter:

1. What are some ways social media impacts our lives? (Think about both positive and negative examples.)
2. Have you ever seen a post online that made you think twice about its consequences? What was it about?

Vocabulary:

- Media Master: Someone who acts responsibly and thoughtfully on the internet.
- Rubber Band Rule: The idea that anything you post online can "snap back" and affect you later.
- Digital Footprint: The information you leave behind when you use the internet.

While Watching the Video

Key Points to Listen For:

- What qualities make someone a Media Master?
- How does the Rubber Band Rule apply to social media?
- Examples of things that can "snap back" on you (mean comments, funny posts, etc.).

After Watching the Video

Discussion Questions:

1. Why is it important to think before you post on social media?
2. Can you think of a time when someone's online behavior came back to help or hurt them? Share your thoughts.
3. How does the Rubber Band Rule encourage us to be better digital citizens?

Activity: Rubber Band Snap-Back Scenarios

1. **Materials Needed:** A rubber band for each group.
2. **Instructions:**
 - Break students into small groups and give each group a rubber band.
 - Assign each group a scenario (e.g., posting a mean comment, sharing a funny photo, or posting a kind message).
 - Have them stretch the rubber band as they discuss how their scenario could "snap back" on the person who posted it.
 - Groups will present their scenario and how the consequences of the post align with the Rubber Band Rule.

Extended Learning

Reflection Activity:

Write a short journal entry about how you can apply the Rubber Band Rule in your daily life. Include an example of a post you might think twice about and explain why.

Creative Task:

Design a "Media Master's Badge" that represents responsible online behavior. Include a motto inspired by the Rubber Band Rule.

Home Connection:

Talk to a family member about how they use social media. Ask them if they've ever experienced something "snapping back" on them and what they learned from it.

Wrap-Up

Media Master Pledge:

As a class, create a pledge that summarizes the principles of being a Media Master. Include key ideas like thinking first, taking responsibility, and remembering the Rubber Band Rule.

Teacher Note:

Encourage students to practice mindfulness online by pausing before they post, like, or share. Ask themselves the question, “Would I like to be treated this way?”. Use examples from real-world events if appropriate and relevant to deepen understanding.

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