

Study Guide: Be a Media Master!

Topic: How Full Is It? Evaluating Social Media Posts

Grade Level: 3rd Grade

Introduction

This guide will help students learn to evaluate social media posts by asking three key questions:

- Is it truthful?
- Is it hurtful?
- Is it helpful?

Through discussions and activities, students will explore how to become responsible Media Masters by making thoughtful decisions online.

Key Vocabulary

- **Media Master:** A person who thinks carefully about their actions online and offline.
- **Helpful:** Making someone's life better or sharing something kind.
- **Hurtful:** Being mean or unkind to someone.
- **Truthful:** Based on facts and evidence.
- **UnTruthful:** Not based on facts and evidence.

Discussion Questions

1. What does it mean to ask, "How FULL is it?" about a social media post?
2. Why is it important to know if a post is truthful, hurtful, or helpful?
3. Can you think of an example of a helpful post you've seen or shared?
4. What should you do if a post is hurtful or not truthful?
5. Why is it important to pause and think before liking, sharing, or commenting on a post?

Activities

1. Sorting Social Media Posts

- Materials: Index cards with examples of social media posts (helpful, hurtful, truthful and untruthful).
- Action:
 - Divide the class into small groups.
 - Give each group a set of cards.

- Ask them to sort the cards into four piles: Helpful, Hurtful, Truthful, or unTruthful

EXAMPLES OF SOCIAL MEDIA POSTS - set one

Helpful

1. "Just learned a great trick for remembering multiplication facts! Try singing them to your favorite song—it really helps! 🎵📖"
2. "Feeling sad? Remember, you're not alone. Talk to a friend or an adult you trust. You matter! ❤️"
3. "Reminder: Drink water and take breaks while doing homework. Your brain needs fuel! 💧📖"

Hurtful

4. "Omg, look at this outfit! 😬 Who let them leave the house like this?!"
5. "You're so bad at this game. Just quit already. 😬"
6. "No one likes you. Just stop posting."

Truthful

7. "Did you know that honey never spoils? Archaeologists found pots of honey in ancient Egyptian tombs that were still good! 🍯"
8. "The sun is actually a star! It looks bigger because it's the closest star to Earth. ☀️"

Untruthful

9. "If you eat a watermelon seed, a watermelon will grow in your stomach! 🍉👽"
 10. "Breaking news: Scientists just proved that unicorns are real! 🦄✨"
- Discussion:
 - Why did your group sort the cards this way?
 - How would you handle each type of post as a Media Master?

MORE - EXAMPLES OF SOCIAL MEDIA POSTS - set two

Helpful

1. "If your friend is feeling left out, invite them to play! Including others makes everyone feel good. 😊🎉"
2. "Lost something? Try retracing your steps—sometimes your brain remembers where it was last! 🧠🔍"
3. "Be kind online! A nice comment can make someone's day. 💬💖"

Hurtful

4. "Eww, your drawing looks so bad. You should just quit. 🎨🚫"
5. "Haha! Look at their messy hair! They look like they just rolled out of bed. 😂"
6. "Nobody wants you on their team. You're too slow. 🏃💨"

Truthful

7. "Dogs can hear sounds that humans can't! That's why they sometimes bark at things we don't notice. 🐕👂"
8. "The moon doesn't make its own light. It shines because the sun's light reflects off it! 🌞✨"

Untruthful

9. "If you eat too many carrots, you'll turn orange! 🥕😬"
10. "If you cross your eyes for too long, they will stay like that forever! 👁️👁️😱"

MORE - EXAMPLES OF SOCIAL MEDIA POSTS - set three

Helpful

1. "If someone drops their books, help them pick them up! A small kindness can make a big difference. 📚😊"
2. "Feeling nervous before a test? Take a deep breath and remind yourself—you've got this! ✨💪"
3. "If you're stuck on a hard math problem, try drawing it out. Pictures can help your brain figure it out! 🖋️🧠"

Hurtful

4. "That joke wasn't funny at all. You're so bad at telling jokes. 😬"
5. "Your singing is awful. Stop trying. 🎤🚫"
6. "Ew! Your lunch looks gross. I would NEVER eat that! 🤢"

Truthful

7. "Did you know butterflies taste with their feet? That's how they know which plants are good to eat! 🦋🌿"
8. "Elephants can 'talk' to each other by making sounds so low that humans can't hear them! 🐘🎵"

Untruthful

9. "If you swallow gum, it stays in your stomach for seven years! 😱🍬"
10. "Goldfish only have a 3-second memory. They forget everything super fast! 🐟🧠"

Teacher Note: Use this activity to emphasize empathy, responsibility, and critical thinking. Encourage students to reflect on how they can apply these skills to their daily online interactions.

This guide aims to make learning fun and relevant while empowering students to be responsible digital citizens!

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