

Study Guide: Media Masters Rock! How Full Is It?

Grade Level: 7th Grade

Subject Focus: Digital Literacy and Digital Citizenship

Objective:

Students will learn to evaluate social media posts by asking three critical questions: How truthful, hurtful, or helpful is it? They will understand how these questions guide responsible online behavior.

Before Watching the Video

Discussion Starter:

1. Have you ever seen something on social media that made you really happy or really upset? What did you do about it?
2. Why do you think it's important to think carefully before liking, sharing, or commenting on a post?

Vocabulary:

- **Media Master:** Someone who acts responsibly and thoughtfully on the internet.
- **Full:** A way to measure if a social media post is truthful, hurtful, or helpful.
- **Truthful:** Honest and supported by evidence.
- **Hurtful:** Mean, unkind, or damaging.
- **Helpful:** Making someone's life better or offering useful information.
- **UnTruthful:** Not honest or supported by evidence

While Watching the Video

Key Points to Listen For:

- What does "How Full Is It?" mean?
- What three questions should you ask about a social media post?
- What should you do if a post is hurtful or not truthful?

- Why is it important to think before reposting or commenting on social media?

After Watching the Video

Discussion Questions:

1. What does it mean to ask, "How Full Is It?"
2. Why is it important to check if a post is truthful before sharing it?
3. How can hurtful posts affect people? How would you feel if a hurtful post was about you?
4. Can you think of an example of a helpful post? How did it make you feel?





Activity

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 for SORTING SOCIAL MEDIA POSTS

Helpful

1. "Struggling with math? Check out this free website that explains things step by step!   "
2. "If you see someone sitting alone at lunch, invite them over. Small kindnesses make a big difference. 😊 "
3. "Big test coming up? Set a timer for 25-minute study sessions with 5-minute breaks in between. It really helps!   "

Hurtful

4. "LOL, did you see Alex's speech today? So awkward. Total fail. 😞 "
5. "Nobody even likes your posts. Just stop trying.  "

6. "Why do you always ask dumb questions in class? Everyone knows the answer except you. 🙄"

Truthful

7. "The Eiffel Tower can grow taller in the summer because heat makes metal expand! 🇫🇷 🗼"
8. "Octopuses have three hearts, and their blood is actually blue! 🐙 💙"

Untruthful

9. "If you microwave your phone for 10 seconds, it will charge faster. Try it! 🔥 📱"
10. "The government just confirmed time travel is real, but they're keeping it a secret. ⌚ 🚀"

EXAMPLES - a second set - SORTING SOCIAL MEDIA POSTS

Helpful

1. "Before you share a post, double-check the source! Spreading false info can cause real problems. 🔍 ✅"
2. "Studying late? Try the 'Feynman Technique' — explain what you're learning in simple terms. If you can teach it, you know it! 🧠 📖"
3. "Mental health matters. If you're feeling overwhelmed, take a break, breathe, and talk to someone. You're not alone. 💙"

Hurtful

4. "This is the worst TikTok dance attempt ever. Just delete your account already. 😂"
5. "Imagine thinking THAT'S a good outfit. Yikes. 🚩"
6. "Bro, you failed the quiz? Maybe if you weren't so lazy, you'd actually pass. 🤪"

Truthful

7. "Did you know strawberries aren't actually berries, but bananas are? 🍓 🍌"

8. "NASA confirmed that a day on Venus is longer than a year on Venus. Space is wild. 🚀🌌"

Untruthful

9. "If you put your phone in the freezer for 10 minutes, the battery life resets to 100%! ❄️📱"
10. "The government has hidden cameras in pigeons. That's why you never see baby pigeons. 🕶️🐦"

Extended Learning

Reflection Activity:

Write a short paragraph about a time you saw something hurtful, truthful, or helpful on social media. How did it make you feel? What did you do? How would you respond differently now using the "How Full Is It?" rule?

Creative Task:

Design an infographic or poster that explains the "How Full Is It?" rule. Include the three questions and advice on what to do if a post isn't truthful, is hurtful, or is helpful.

Home Connection:

Talk to a family member about the "How Full Is It?" rule. Discuss an example of a social media post they saw recently. Was it truthful, hurtful, or helpful? How did they respond to it?

Wrap-Up

Media Master Pledge:

Work as a class to create a pledge to follow the "How Full Is It?" rule. Include statements like:

- "I will think before I repost or comment."
- "I will not share posts that are hurtful or untruthful."
- "I will use social media to help make the internet a better place."

Teacher Note:

Encourage students to share what they've learned with friends and family. Reinforce the importance of asking "How Full Is It?" to guide thoughtful online behavior.

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