

Study Guide for Second Graders: Media Masters Rock - The Rubber Band Rule

Overview:

This study guide helps second graders understand the importance of thinking before they post, like, or share anything online. They'll learn how actions on the internet can have lasting effects—just like a rubber band snapping back!

Learning Objectives:

1. Understand the Rubber Band Rule: What you post online can snap back to you later.
2. Recognize the importance of making thoughtful and kind choices online.
3. Practice making decisions about online behavior that help make the internet a better place.

Step 1: Video Recap (5 minutes)

Ask the class:

1. What is the Rubber Band Rule?
(Answer: Everything you post online can snap back to you.)
2. What kinds of things can snap back to you?
(Answer: Mean posts, funny posts, or anything you say online.)
3. Why should we think before we post?
(Answer: Because what we say online can affect us later.)

Step 2: Snapping Rubber Band Activity (10 minutes)

Materials Needed:

- A few rubber bands.

Demonstration:

1. Hold up a rubber band.
2. Stretch it out slowly and ask: "What will happen if I let it go?" *(Kids will say it will snap back.)*
3. Let the rubber band snap back.

Discussion:

- Explain: Just like the rubber band snaps back, what we say or post online can come back to us, even if we delete it.
- Ask: "What kind of posts could hurt if they snap back?" *(Answers: Mean, hurtful, unkind, or embarrassing posts.)*

Activity:

- Have kids stretch their pretend rubber bands (using their hands). If the post is helpful or truthful (but not mean), let the rubber band snap back, but DON'T let go, just stretch it out and then back. If the post is hurtful or mean, stretch it out, let go of the pretend rubber band, and let it “snap” back. Call out these types of posts:
 - “A helpful post!”
 - “A hurtful post!”
 - “A truthful post!”Discuss how each one might affect them if it “snaps back.”

Step 3: Think First Scenarios (10 minutes)**Materials Needed:**

- Pre-written scenarios on cards (or read aloud).

Examples:

1. You see a funny picture of your friend making a silly face. Should you post it? Why or why not?
2. Someone wrote something mean about you online. Should you respond? Why or why not?
3. You find a helpful tip for a game you like. Should you share it? Why or why not?

Activity:

- Read each scenario and ask: “What would a Media Master do?”
- Let kids explain their choices and discuss them together.

Step 4: Kindness Chain (15 minutes)**Materials Needed:**

- Strips of colorful paper.

Activity:

1. Each student writes or draws one kind thing they could post online (e.g., “I could share a compliment” or “I could share a helpful tip”).
2. Link the strips together to make a “Kindness Chain.”
3. Hang the chain in the classroom as a reminder to always think before they post.

Discussion:

Ask: "How does being kind online help everyone, including us?"

Step 5: Rubber Band Pledge (5 minutes)

Materials Needed:

- Printable "Media Master Pledge" sheets or a classroom poster.

The Pledge:

"I will remember the Rubber Band Rule.

I will think before I post, like, or share.

I will be kind, truthful, and helpful online.

I will ask, would I like to be treated that way?

I will help make the internet a better place!"

Activity:

- Have students sign their name or fingerprint on the pledge.
- Display the pledge in the classroom or give each child a copy to take home.

Wrap-Up (5 minutes)

Review Key Points:

1. The Rubber Band Rule means everything you do online can snap back to you.
2. Think before you post, like, or share.
3. Choose to be kind, truthful, and helpful online.

End with a Cheer:

"Media Masters rock! We think before we post, and we make the internet better!"

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