

Study Guide: Be a Media Master!

Topic: Responsible Online Behavior and the AQBS Rule

Grade Level: 3rd Grade

Introduction

This guide is to help students understand the importance of thinking carefully about their emotions and actions online, as explained by Steve Trash in the video. Students will learn to follow the AQBS Rule: Ask Questions, Be Skeptical.

Key Vocabulary

- **Media Master:** A person who thinks carefully and takes responsibility for their online and offline actions.
- **AQBS Rule:** A strategy to help you think critically when you feel a strong emotion about something online—Ask Questions, Be Skeptical.
- **Emotion:** A strong feeling like happiness, sadness, anger, or embarrassment.

Discussion Questions

1. What does it mean to be a “Media Master”?
2. What is the AQBS Rule?
3. Why is it important to ask questions when you feel a strong emotion online?
4. Can you think of a time when you felt a strong emotion because of something you saw online?
5. Why is it okay to choose not to respond to something on social media?

Activities

1. Emotion Detective

- **Materials:** Emotion cards (happy, sad, angry, embarrassed, etc.)
- **Action:**
 - Hold up an emotion card and ask students to share a time they felt that emotion because of something they saw or heard (online or offline).
 - Discuss what questions they could ask themselves in those moments (e.g., “Why do I feel this way? Is it true?”).
- **Goal:** Help students connect the AQBS Rule to their own experiences.

2. Ask Questions, Be Skeptical Checklist

- **Create a Checklist:** Write the following questions on a poster or handout:
 - Why am I feeling this way?

- Is it true?
 - What’s the evidence?
 - Could responding hurt me or someone else?
- **Class Activity:** Show examples of online posts (real or made-up) and have students practice using the checklist to decide what to do.

3. Role-Playing Game: Stop and Think

- **Setup:** Divide the class into small groups.
- **Scenario:**
 - One student shares a scenario where they feel a strong emotion because of a social media post (e.g., a friend posted something unkind, or a shocking headline appears).
 - The group discusses using the AQBS Rule:
 - What questions could they ask?
 - How can they be skeptical?
- **Switch Roles:** Let each student practice being the “Media Master” in the group.

Extension Activity

Creative Poster Challenge

- **Prompt:** Create a poster reminding people to follow the AQBS Rule when they feel a strong emotion online. Include fun drawings, catchy slogans, and the checklist of questions.
- **Goal:** Reinforce the rule in a creative way and display the posters in the classroom or hallways.

Wrap-Up

- **Recap:** “The AQBS Rule—Ask Questions, Be Skeptical—helps us think carefully when we feel a strong emotion online. It’s okay to pause and take your time before you respond—or not respond at all!”
- **Challenge:** Encourage students to practice using the AQBS Rule this week and share an example in class of how it helped them make a good decision online.

Teacher Note

These activities are designed to encourage empathy, critical thinking, and self-awareness in online interactions. Use real-life examples when possible to make the lessons more relatable for students. Celebrate their efforts to become thoughtful and responsible Media Masters!

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