

## Media Masters Rock! - How Full Is It Study Guide

**Grade Level:** 5th Grade

**Duration:** 20-30 minutes

**Objective:** Students will learn to evaluate social media posts using the “How FULL is it?” rule to determine whether they are helpful, hurtful, or truthful.

### Before Watching the Video

#### Discussion Starter:

- Ask students:
  - Have you ever seen a post online that was mean or untrue?
  - How did it make you feel?
  - What do you think makes a post worth sharing?
- Introduce the idea of “How FULL is it?”:
  - Media Masters ask three key questions about every post:
    1. How HELPFUL is it?
    2. How HURTFUL is it?
    3. How TRUTHFUL is it?

#### Key Vocabulary:

- **Media Master:** Someone who uses the internet responsibly and thoughtfully.
- **Helpful:** Something that makes someone’s life better.
- **Hurtful:** Something mean or unkind that causes harm.
- **Truthful:** Something supported by evidence and facts.

### During the Video

#### Focus Questions:

1. What are the three parts of the “How FULL is it?” rule?

2. How can you tell if a post is hurtful?
3. Why is it important to share posts that are truthful?
4. What should you do if a post is helpful?

Encourage students to take notes or remember examples shared in the video.

## **After Watching the Video**

### **Class Discussion:**

- **Question 1:** What should you do if a post is hurtful? Why?
- **Question 2:** How can asking “How FULL is it?” help make the internet a better place?
- **Question 3:** Have you ever seen a helpful post? What made it worth sharing?

### **Activity:**

- **Post Analysis:**
  1. Write examples of social media posts on the board (e.g., a funny picture, a kind comment, a mean meme, or an untrue statement).
  2. As a class, discuss:
    - Is this post HELPFUL, HURTFUL, or TRUTHFUL?
    - Should we share it? Why or why not?

## **Group Activity:**

### **How FULL Is It Sorting Game:**

- Prepare printed examples of social media posts (realistic but fictional). Include helpful, hurtful, and untruthful examples.
- Divide students into small groups and give each group a set of posts.
- Have them sort the posts into three categories: HELPFUL, HURTFUL, and NOT TRUTHFUL.
- Groups will present their reasoning to the class.

## Extension Activity:

### Creative Task:

- Have students create their own fictional social media post that is HELPFUL and TRUTHFUL.
- Display their posts in the classroom as an example of responsible online behavior.

### Role-Play Scenarios:

- Pair students up and give them a scenario where one shares a post, and the other must decide if it's helpful, hurtful, or truthful.
- Discuss their decisions as a class.

### Reflection:

- **Journal Prompt:** Write about a time when you saw something online that wasn't truthful or was hurtful. How could you have used the "How FULL is it?" rule to decide what to do?

### Wrap-Up:

- Recap the key message:
  - Always ask, "How FULL is it?" to decide if a post is worth sharing.
  - Remember the three questions:
    1. Is it HELPFUL?
    2. Is it HURTFUL?
    3. Is it TRUTHFUL?
- Challenge students to use this rule the next time they're online and share what they learn with family or friends.

**Teacher Tip:** Reinforce the importance of pausing and thinking before acting online to help students build positive digital habits.

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