

Study Guide: Media Masters Rock! The AQBS Rule

Grade Level: 7th Grade

Subject Focus: Digital Literacy and Digital Citizenship

Objective:

Students will understand the importance of following the AQBS Rule (“Ask Questions. Be Skeptical.”) to think critically about emotional responses and content on social media, fostering responsible online behavior.

Before Watching the Video

Discussion Starter:

1. How do you usually feel when you see something shocking, sad, or exciting on social media? What do you do next?
2. Why might it be important to pause before reacting to something online?

Vocabulary:

- **Media Master:** Someone who acts responsibly and thoughtfully on the internet.
- **AQBS Rule:** A guideline to "Ask Questions" and "Be Skeptical" when encountering strong emotions or questionable content on social media.
- **Strong Emotion:** A powerful feeling, such as anger, sadness, or excitement, that can influence decisions.
- **Evidence:** Facts or information used to determine if something is true or false.

While Watching the Video

Key Points to Listen For:

- What is the AQBS Rule, and why is it important?
- Examples of questions to ask about emotions and posts.
- Why it's okay to take your time or not respond at all to social media.

After Watching the Video

Discussion Questions:

1. Why should we be skeptical of both our emotions and the things we see online?
2. Can you think of an example where someone reacted emotionally to a post and it caused problems? How could the AQBS Rule have helped?
3. What are some ways to verify if a post is true or false?




Activity: AQBS Question Practice

1. **Materials Needed:** Printed screenshots of fictional social media posts with a mix of strong emotional content, true facts, and misleading information.


EXAMPLES -

Viral Outrage Post





 **BREAKING NEWS!** 

A new law just passed that will BAN all video games for kids under 16!   Starting next month, game companies will be required to shut down accounts for anyone underage. Is this fair?!? COMMENT BELOW!  #SaveGaming #UnfairLaws

 **True Fact:** Some countries have introduced gaming restrictions for minors.

 **Misleading:** There is no such law in the U.S. banning all video games for kids under 16.



Celebrity Scam Post

 *OMG! Taylor Swift just announced she's giving away \$10,000 to her first 1,000 followers who comment "SwiftieForLife" on this post!*  Hurry before it's too late! 
 #TaylorSwift #CashGiveaway

 **True Fact:** Celebrities sometimes give money to charity.

 **Misleading:** This is a fake giveaway, likely a scam to collect personal information.

3. Emotional Hoax Post


 This poor puppy was abandoned at a gas station and has been crying for days! If you don't share this post, Facebook will delete it, and no one will help!  SHARE NOW to help save this puppy! #SaveThePuppy #Urgent

 **True Fact:** Animal abandonment is a real issue.


 **Misleading:** Facebook doesn't delete posts like this, and the story may not be true.

Fear-Mongering Post

 *DO NOT DRINK TAP WATER!* 


A new study shows that tap water in the U.S. contains dangerous chemicals that can cause memory loss and mood swings! Scientists say we should ONLY drink bottled water from now on! Stay safe!  #HealthWarning

 **True Fact:** Some areas have water contamination concerns.

 **Misleading:** Most U.S. tap water is heavily regulated and safe to drink.

Conspiracy Theory Post



 *NASA HIDING THE TRUTH?!* 


A leaked document reveals NASA has known about ALIEN CONTACT for years but is keeping it SECRET from the public!  Why aren't they telling us the truth?! SHARE if you think we deserve answers! #AliensExist

 **True Fact:** NASA studies space and the possibility of extraterrestrial life.

 **Misleading:** There is no leaked document confirming alien contact.

Fake Health Post

 *Doctors HATE this simple trick!* 

Did you know that eating **one marshmallow before bed** can CURE ANXIETY?! Scientists say this small habit improves sleep and lowers stress instantly! Try it tonight!  #HealthHack #LifeChanging

 **True Fact:** Some foods may influence sleep and mood.

 **Misleading:** There is no scientific evidence that marshmallows cure anxiety.

Discussion Prompts for Students:

- What questions should we ask before believing this post?
- Where could we check to see if this information is true?
- What emotions does this post try to trigger?
- Why might someone create and share this kind of post?

2. Instructions:

- In pairs, analyze each post using the AQBS Rule.
- Write down questions you would ask about the post (e.g., "What's the evidence this is true?" or "Why does this make me feel angry?").
- Share your findings with the class, including whether you would respond to the post and why.

Extended Learning

Reflection Activity:

Write a short paragraph about a time you felt a strong emotion from something online. How could the AQBS Rule have helped you respond differently?

Creative Task:

Create a poster with the AQBS Rule to display in your classroom. Include examples of good questions to ask and a creative design to catch attention.

Home Connection:

Talk with a family member about how they handle strong emotions when they see something online. Share the AQBS Rule with them and discuss how they might use it.

Wrap-Up

Media Master Pledge:

Work as a class to create an "AQBS Pledge." Include statements like "I will pause and ask questions when I feel strong emotions online" and "I will be skeptical of posts and seek evidence before believing or sharing them."

Teacher Note:

Encourage students to take their time when they encounter emotional content online. Reinforce the idea that not responding is a valid and often wise choice. Use real-world examples where skepticism led to better outcomes.

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