

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 using the "How Full Is It?" method by examining their truthfulness, helpfulness, and potential to cause harm. This helps students make informed and responsible decisions about sharing or engaging with online content.

Before Watching the Video

Discussion Starter:

1. Have you ever seen a post on social media that made you feel good? What about one that made you feel upset? Why do you think that happened?
2. Why do you think it's important to think before liking, sharing, or commenting on a post?

Vocabulary:

- **Media Master:** Someone who acts responsibly and thoughtfully on the internet.
- **Truthful:** Based on facts and evidence.
- **Hurtful:** Likely to cause harm or distress to someone.
- **Helpful:** Beneficial or useful to others.
- **Evaluate:** To examine and judge carefully.

While Watching the Video

Key Points to Listen For:

- What are the three questions Media Masters ask when evaluating a post?
- How should you respond to posts that are hurtful, untruthful, or helpful?
- Why is it important to pause and think before engaging with a post?

After Watching the Video

Discussion Questions:

1. What does it mean to ask, “How FULL is it?” when evaluating a post?
2. Why is it important to consider how hurtful a post might be?
3. Can you think of examples of posts that are truthful, hurtful, or helpful? How would you handle each one?

Activity: Post Evaluation Practice

1. **Materials Needed:** Examples of fictional social media posts (printed or displayed) that vary in truthfulness, helpfulness, and potential to cause harm.
2. **Instructions:**
 - Work in pairs or small groups to evaluate each post using the “How FULL Is It?” method.
 - For each post, discuss:
 - Is it truthful? What evidence supports this?
 - Is it hurtful? Who might it harm?
 - Is it helpful? How might it make someone’s life better?
 - Decide whether to like, share, comment, or ignore the post, and explain your reasoning.

Extended Learning

Reflection Activity:

Write a short paragraph about a time you saw a post that was either hurtful or helpful. How did you react, and how might you use the “How FULL Is It?” method in the future?

Creative Task:

Create a poster or infographic titled “How FULL Is It?” Include the three key questions and examples of posts for each category (truthful, hurtful, helpful).

Home Connection:

Discuss the “How FULL Is It?” method with a family member. Share examples of posts you’ve seen and evaluate them together using the three key questions.

Wrap-Up

Media Master Pledge:

Work as a class to create a pledge emphasizing thoughtful evaluation of social media posts. Include statements like:

- “I will pause and think before I like, share, or comment.”
- “I will not engage with posts that are hurtful or untruthful.”
- “I will share posts that are truthful and helpful to others.”

Teacher Note:

Encourage students to apply the “How FULL Is It?” method in their daily interactions with social media. Reinforce the idea that small, thoughtful actions can make the internet a better place for everyone.

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