

## **Study Guide: Media Masters Rock! The Rubber Band Rule**

**Grade Level:** 8th Grade

**Subject Focus:** Digital Literacy and Digital Citizenship

### **Objective:**

Students will explore the "Rubber Band Rule," understanding how actions on social media have lasting consequences, and the importance of thinking critically before posting.

## **Before Watching the Video**

### **Discussion Starter:**

1. Think about a time when something you said or did came back to you, either in a good way or a bad way. What happened?
2. Why do you think it's important to think before posting on social media?

### **Vocabulary:**

- **Media Master:** Someone who acts responsibly and thoughtfully on the internet.
- **Rubber Band Rule:** A principle that reminds us everything we post online can come back to us, like a rubber band snapping back.
- **Digital Footprint:** The information about a person that exists on the internet as a result of their online activity.

## **While Watching the Video**

### **Key Points to Listen For:**

- What is the Rubber Band Rule?
- Examples of actions on social media that can "snap back."
- Why deleting a post doesn't mean it's gone forever.

## **After Watching the Video**

### **Discussion Questions:**

1. In your own words, what does the Rubber Band Rule mean?
2. Why do you think social media posts can "snap back" even if you delete them?
3. What are some examples of positive and negative ways that social media actions can come back to affect you?

### **Activity: Rubber Band Snap Back**

1. **Materials Needed:** Rubber bands (one for each student).
2. **Instructions:**
  - Have students stretch a rubber band and release it gently to simulate the "snap back."
  - In small groups, brainstorm scenarios where a social media post could snap back positively and negatively.
  - Share group findings with the class, categorizing them as helpful, hurtful, or neutral.

### **Extended Learning**

#### **Reflection Activity:**

Write a short essay explaining how you would use the Rubber Band Rule to make better decisions online. Include a personal example or a hypothetical situation.

#### **Creative Task:**

Design a "Think First" infographic that illustrates the Rubber Band Rule. Use slogans, images, or examples to encourage responsible social media use.

#### **Home Connection:**

Discuss with a family member how their online actions have "snapped back" on them, positively or negatively. Share the Rubber Band Rule and explain how it can help improve online habits.

### **Wrap-Up**

#### **Media Master Pledge:**

As a class, create a pledge to follow the Rubber Band Rule. Example statements might include:

- "I will think before I post."

- "I will take responsibility for my actions online."
- "I will remember that everything I do online can snap back on me."

**Teacher Note:**

Encourage students to take their "Think First" message beyond the classroom by sharing what they learned about the Rubber Band Rule with friends and family. Remind them that thoughtful online behavior helps create a safer, kinder internet for everyone.

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