

## **Study Guide: Media Masters Rock! How Full Is It?**

**Grade Level:** 8th Grade

**Subject Focus:** Digital Literacy and Responsible Social Media Use

### **Objective:**

Students will explore the "How Full Is It?" rule to evaluate social media posts for truthfulness, helpfulness, and hurtfulness, promoting better decision-making online.

### **Before Watching the Video**

#### **Discussion Starter:**

1. Think about the last time you shared or liked a post online. What made you decide to do so?
2. Why is it important to think about the impact of what we post or share on social media?

#### **Vocabulary:**

- **Media Master:** Someone who acts responsibly and thoughtfully on the internet.
- **Helpful:** Content that provides value or makes someone's life better.
- **Hurtful:** Content that is mean, unkind, or damaging.
- **Truthful:** Content that is accurate and supported by evidence.

### **While Watching the Video**

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

- What are the three key questions to ask about a social media post?
- How can asking, "How FULL is it?" help you decide what to do with a post?
- Examples of helpful, hurtful, and untruthful posts.

### **After Watching the Video**

#### **Discussion Questions:**

1. What does the phrase “How FULL is it?” mean in the context of social media?
2. Why is it important to think about how helpful, hurtful, or truthful a post is before interacting with it?
3. Can you think of an example of a post that was helpful? What about one that was hurtful or untruthful?

### **Activity: How FULL Is It? Analysis**

1. **Materials Needed:** Examples of social media posts (printed or digital, real or fictional).
2. **Instructions:**
  - In small groups, examine each post and discuss the following:
    - Is the post helpful? How?
    - Is the post hurtful? In what way?
    - Is the post truthful? What evidence supports this?
  - Decide as a group whether the post should be shared, ignored, or reported. Share your decisions with the class.

### **Extended Learning**

#### **Reflection Activity:**

Write a short paragraph describing a post you’ve recently seen on social media. Use the “How FULL is it?” rule to analyze the post. Was it helpful, hurtful, or truthful? Would you share it?

#### **Creative Task:**

Design a digital poster or infographic titled “How FULL Is It?” Include the three key questions and examples of helpful, hurtful, and truthful posts. Share your poster with the class or school community.

#### **Home Connection:**

Ask a family member about a post they’ve seen recently on social media. Together, use the “How FULL is it?” rule to analyze the post. Discuss why it’s important to think before sharing.

### **Wrap-Up**

**Media Master Pledge:**

As a class, create a pledge to always ask, “How FULL is it?” before sharing or liking a social media post. Example pledge statements might include:

- "I will only share posts that are helpful and truthful."
- "I will think about the impact of a post before liking or sharing."
- "I will avoid posts that are hurtful or mean."

**Teacher Note:**

Encourage students to apply the “How FULL is it?” rule both in and outside of class. Remind them that responsible social media use helps create a kinder, more truthful internet for everyone.

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