

Study Guide: Be a Media Master!

Topic: Responsible Online Behavior and the Rubber Band Rule

Grade Level: 4th Grade

Introduction

This guide is to help students understand the importance of thinking before they post online and to discuss the consequences of their online actions, as explained by Steve Trash in the video.

Key Vocabulary

1. **Media Master** - A responsible person who thinks carefully about their actions online and offline.
2. **Rubber Band Rule** - A reminder that anything you post online can come back to you, just like a rubber band snapping back.
3. **Social Media** - Platforms where people share thoughts, pictures, and videos like Instagram, TikTok, or YouTube.

Discussion Questions

1. What makes someone a “Media Master”?
2. Why do Media Masters think before they act?
3. What is the Rubber Band Rule, and why is it important?
4. Can you think of an example of something you wouldn’t want to “snap back” on you?
5. Why is it important to take responsibility for what you say or post online?

Activities

1. The Rubber Band Experiment

- Materials: Rubber bands
- Action: Each student stretches a rubber band and lets it snap back. Discuss how this relates to what happens when you post online.
- Question: How did it feel when the rubber band snapped back? How does this connect to the Rubber Band Rule?

2. Think Before You Post Chart

- Create a poster with three questions to ask yourself before posting:

- Is it **kind**?
- Is it **true**?
- Could it **snap back** and cause problems?
- Have students come up with examples of posts that would pass or fail the test.

3. Role-Playing Game

- Divide the class into pairs. One student pretends to post something online, and the other imagines how it might “snap back.”
- Example:
 - Student A: Posts a mean comment about a classmate.
 - Student B: Explains how this could hurt feelings and lead to consequences.

Extension Activity

Creative Writing Prompt

- Imagine you are a Media Master superhero. Write a story about a time you used the Rubber Band Rule to save the day online.

Wrap-Up

- Recap the Rubber Band Rule: “Everything you do on social media can snap back on you.”
- Challenge students: Be a Media Master this week! Share one example with the class of how you thought carefully before posting or sharing something.

Teacher Note: Use these activities to guide discussions on empathy, responsibility, and critical thinking about online behavior. Encourage students to share their insights and reflect on their own internet habits.

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