

**Study Guide: Be a Media Master – “How Full Is It?” VIDEO**  
**Topic: Thinking Before You Like, Share, or Comment Online**  
Grade Level: 4th Grade

## Introduction

This study guide encourages students to use the “How Full Is It?” rule to evaluate social media posts. By asking if a post is truthful, hurtful, or helpful, students can make wise decisions about sharing content and be responsible digital citizens.

## Key Vocabulary

1. **Media Master** - A person who thinks carefully and responsibly about their actions online and offline.
2. **How FULL Is It?** - A way to evaluate social media posts by asking:
  - o How **truthful** is it?
  - o How **hurtful** is it?
  - o How **helpful** is it?
3. **Evidence** - Proof that supports whether something is true or not.
4. **Hurtful** - Something that is mean or unkind and can cause harm to someone.
5. **Helpful** - Something that makes someone’s life better or provides support.

## Discussion Questions

1. What are the three questions you should ask when deciding if a post is “full”?
2. Why is it important to check if a post is truthful?
3. What should you do if a post is hurtful? Why?
4. How can sharing helpful posts make the internet a better place?
5. How does asking “How FULL is it?” help you think like a Media Master?

## Activities

### 1. The FULL-O-Meter

- Materials: A poster or chart with a “FULL-O-Meter” that has three sections: Truthful, Hurtful, Helpful.
- Action: Read examples of social media posts (real or fictional) aloud.
- Class Activity: Students decide where each post lands on the FULL-O-Meter and explain their reasoning.

### 2. Role-Play: Think Before You Share

- In small groups, students take turns acting out scenarios where someone sees a post online.
- The group works together to ask the three “How FULL is it?” questions:
  - Is it truthful?
  - Is it hurtful?
  - Is it helpful?
- They decide whether to like, share, or avoid the post.

### 3. Post Detective

- Divide the class into teams. Provide each team with a series of “posts” (written examples).
- Teams analyze each post and answer the three “How FULL is it?” questions.
- Points are awarded for thoughtful analysis, and the team with the most points wins.

## Extension Activity

### Create a "How FULL Is It?" Poster

- Students design posters reminding others to ask:
  - How truthful is it?
  - How hurtful is it?
  - How helpful is it?
- Hang the posters in the classroom or around the school to promote responsible online behavior.

## Wrap-Up

- Recap: Media Masters ask, “How FULL is it?” to decide if a post is worth liking, sharing, or commenting on.
- Share Challenge: This week, practice using the “How FULL is it?” rule before interacting with posts online. Share an example in class of how it helped you make a thoughtful decision.

**Teacher Note:** This study guide builds empathy, critical thinking, and responsibility in students. Encourage open discussions about how their choices can impact others and promote a positive online community.

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