

ELA STUDY GUIDE

Grade Level: 3rd Grade

Video Title: *How Full Is It?*

Media Literacy Focus: Thinking critically about what we see online — Is it **helpful**, **hurtful**, or **truthful**?

Essential Question

How do Media Masters decide whether to like, share, or comment on something online?

Learning Targets

Students will be able to:

Identify online posts as helpful, hurtful, or untruthful

Ask thoughtful questions before reacting to online content

Explain how online words and actions affect others

Demonstrate responsible decision-making online

Vocabulary

- **Helpful** – Kind or useful, making someone feel good
- **Hurtful** – Unkind, rude, or mean
- **Truthful** – Honest and based on facts
- **Post** – A message, picture, or video shared online
- **Evidence** – Proof that something is true
- **Media Master** – A person who makes smart and kind choices online

Whole Group Discussion

Lead a discussion using these prompts:

- What do the words helpful, hurtful, and truthful mean to you?
- Why should we stop and ask questions before clicking or commenting?


- What happens when we share something that is hurtful or untrue?

Encourage examples from students' own experiences (school messages, group chats, etc.).

Activity Ideas

1. Post Sorting Challenge

Create a set of printable "post cards" showing short social media-style messages. Students work in pairs to sort them into:

-  Helpful
-  Not Truthful
-  Hurtful

Then, they write one sentence about what a Media Master would do.

Example Card:

"No one likes your outfit!"

Student Response: "This is hurtful. A Media Master would not share it."

2. How FULL Is It? Anchor Chart

Build a class anchor chart together. Label three columns: **Helpful**, **Hurtful**, **Truthful**. Students suggest examples for each category.

Use this chart as a classroom reference for digital citizenship conversations throughout the year.

3. Media Master Journals

Students write in a short response journal using this prompt:

"Imagine you saw a hurtful post about a friend. What would a Media Master do?"

Encourage reflection and empathy. Share a few aloud (with permission).

Writing Prompt

Prompt:

Write a short story about someone who almost shared something online — but remembered to ask, “How Full Is It?”
What did they decide to do? Why?

Include beginning, middle, and end. Illustrate if time allows.

Creative Extension: Design a Sticker!

Students create their own “**Media Master**” badge or sticker that encourages kindness, truth, or helpfulness online.

Ex: “Pause & Think!” “Be Kind Online!” “Only Share What’s Fair!”

Final Reflection Question

What can you do to help make the internet a kinder place?

Alabama Digital Literacy and Computer Science (DLCS) Course of Study Correlation – 3rd Grade

Strand: Digital Literacy

- **DLCS.3.1** – Explain how digital actions affect others.
Students learn how hurtful posts impact real people and practice empathy.
- **DLCS.3.2** – Ask questions to determine if online information is credible.
“Is it truthful?” encourages critical thinking about evidence and accuracy.
- **DLCS.3.4** – Demonstrate respectful behavior online.
Choosing not to share mean or false posts models respect and kindness.
- **DLCS.3.5** – Understand that digital content can be misleading or false.
Identifying untruthful posts helps students avoid spreading misinformation.
- **DLCS.3.7** – Identify consequences of poor digital behavior.
Helps students understand how online choices can have real-world outcomes.

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