Third Grade ELA Study Guide

Video Title: *The Rubber Band Rule*
Theme: Think before you post — online actions have consequences
Grade Level: 3rd Grade
Time Needed: ~45–60 minutes
Goal: Students will analyze the message of the video, explore cause and effect in digital communication, and reflect on their own online and offline behavior using reading, writing, and speaking skills.

ELA Standards Addressed (3rd Grade)

- **RI.3.2** – Determine the main idea of a text and explain how it is supported by key details.

- **RI.3.3** – Describe the relationship between a series of events (e.g., cause/effect).

- **SL.3.1** – Engage effectively in collaborative discussions.

- **W.3.1** – Write opinion pieces supporting a point of view with reasons.

- **L.3.4** – Determine meaning of words using context clues.

Step 1: Watch the Video – "The Rubber Band Rule"

Before Watching:
Write this on the board:
"What does it mean that something online can 'snap back' on you?"
Have students jot down or share ideas.

After Watching – Comprehension Questions:

- What is the "Rubber Band Rule" and why is it important?

- What does Steve Trash mean when he says a post can "snap back"?

- Why is deleting a post not always enough to undo harm?

- What does being a "Media Master" mean?

Main Idea: Online choices are permanent and can have consequences — that's why Media Masters *THINK FIRST*.

Step 2: Cause & Effect Sorting – Snap Back Chain

Activity:
Students receive "Cause" cards (online behaviors) and match them to "Effect" cards (consequences that could snap back).
For example:

- **Cause**: Posting something embarrassing about a friend.

- **Effect**: The friend feels hurt and others lose trust in you.

Extension: Students create their own Snap Back cause/effect examples in pairs.

Step 3: Opinion Writing Prompt – Should We Think Before We Post?

Prompt: **"Why is it important to think before posting something online or texting someone?"**
Students should:

- State an opinion clearly

- Support it with reasons (and examples from the video or real life)

- Conclude with a reminder about the Rubber Band Rule

Optional sentence starters:
"I believe we should always think before we post because…"
"One reason is…"
"Another example is…"

Step 4: Group Discussion – Be the Media Master!

Divide the class into small groups. Give each group a situation to analyze.
They answer: **"What would a Media Master do here?"** and explain *why.*

Example Situations:

- A classmate accidentally sends a silly picture in a group chat.

- You see someone being cyberbullied.

- You want to comment on a video, but you're upset.

Groups present their ideas to the class.

Step 5: Create a "Think First" Poster

Students design a small poster to help others remember the Rubber Band Rule. Posters should include:

• A short message (e.g., "Think Before You Click!" or "Don't Let It Snap Back!")

• An illustration

• One positive tip for smart posting

Use these for a classroom display or bulletin board titled **"Media Masters at Work!"**

Wrap-Up: Snaps Back or Stretchy? – Quick Fire Round

Teacher reads statements aloud. Students decide:
"SNAPS BACK!" (unwise, could cause problems)
"STRETCHY!" (kind, safe, thoughtful)

Examples:

1. "I posted a funny photo without asking my friend." → SNAPS BACK

2. "I commented, 'This video is awesome!'" → STRETCHY

3. "I wrote something when I was mad." → SNAPS BACK

4. "I asked myself, 'Would this hurt someone?' before I shared." → STRETCHY

Optional Extensions

• **Text-to-Self Connection**: "Write about a time something you said or did came back to you later. What happened?"

• **Read-Aloud Pairing**: *Nerdy Birdy Tweets* by Aaron Reynolds (great for digital kindness discussion)

• **Home Connection**: Send home a "Media Master Family Pledge" to review with caregivers

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