ELA STUDY GUIDE

Grade Level: 7th Grade
Video Title: *How Full Is It?*
Media Literacy Focus: Evaluating whether online content is **Hurtful**, **Helpful**, or **Truthful**—before sharing or responding.

Essential Question

Why is it important to consider how full (helpful, hurtful, or truthful) a post is before engaging with it online?

Learning Targets

Students will:
 Evaluate online messages using the "How FULL Is It?" framework
 Analyze digital behavior and its social/emotional consequences
 Apply responsible decision-making when consuming and sharing digital content
 Support claims with evidence from video and personal experience

Vocabulary

- **Helpful** – Improves, supports, or uplifts someone online

- **Hurtful** – Causes emotional, reputational, or social harm

- **Truthful** – Based on verifiable facts or credible evidence

- **Post** – Any shared message, video, or image on digital platforms

- **Digital Footprint** – The record of online actions and content

- **Reputation** – The beliefs or opinions held about someone, often shaped by online behavior

- **Empathy** – The ability to understand and share someone else's feelings

- **Discernment** – The ability to judge well, especially online

Whole Group Discussion Prompts

- How can you tell if a post is truthful or not?

- Why might someone post something that's funny but hurtful?

- What's the difference between "freedom of speech" and "being unkind"?

- Should people be held accountable for what they post or repost online?

Encourage students to respectfully debate and cite evidence from the video or real-life examples.

Activity 1: "How FULL Is It?" Group Analysis

Instructions:
In small groups, provide students with 6–8 fictional social media posts (can include text, images, or memes). For each post, they:

1. Label it: **Helpful**, **Hurtful**, or **Truthful**

2. Justify their label with specific reasons

3. Decide: Would you Share, Comment, Report, or Ignore?

Have groups present one example to the class and explain their reasoning.

Activity 2: "Digital Drama – What Happens Next?"

Scenario Cards: Present students with digital dilemmas (e.g., a hurtful joke post goes viral).
Students write or perform short scenes showing:

- The original post

- The consequences

- How it could've been handled better

This fosters empathy and deeper understanding of real-world outcomes.

Writing Prompt

Opinion Essay Prompt:

Should students be taught to consider "How FULL Is It?" before posting online? Support your position with clear reasoning, examples from the video, and your own experience.

Encourage students to use paragraph structure, evidence, and transitions.

Creative Extension: "Digital Behavior PSA"

Students create a **public service announcement** (digital poster, short video, or podcast) that promotes the "How FULL Is It?" rule. PSA must:
 Define the rule
 Explain why it matters
 Provide one example
 Include a student-created slogan

Display in hallways, school website, or morning announcements.

Final Reflection

Think-Pair-Share Prompt:

What's one thing you'll do differently online after learning this rule?

Use this to build student accountability and real-world application.

Alabama Digital Literacy and Computer Science (DLCS) Course of Study Correlation – 7th Grade

Strand: Digital Literacy

- **DLCS.7.1** – Demonstrate safe, ethical, and responsible use of digital tools.
  Students evaluate posts before engaging and take responsibility for their digital choices.

- **DLCS.7.2** – Evaluate digital content for credibility, accuracy, and purpose.
  Students assess whether posts are truthful or misleading.

- **DLCS.7.3** – Analyze the potential social and emotional impact of digital communication.
  "Hurtful" and "Helpful" discussions support understanding of digital empathy and consequence.

- **DLCS.7.5** – Demonstrate appropriate online etiquette.
  Activities promote reflection on respectful, constructive digital behavior.

- **DLCS.7.6** – Interpret the impact of digital communication on relationships and community.
  Scenarios and writing prompts explore how online choices affect reputations and well-being.

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