



Media Masters Rock – Activity Sheet (Grades 7–8)

Lesson #1: The Rubber Band Rule — “Your Online Actions Can Come Back to You.”

Name: _____

Grade: 7–8



1. What the Rubber Band Rule Really Means

The Rubber Band Rule reminds us that **everything you post, send, comment, or share online can return to you later**—sometimes in ways you didn’t expect. This includes deleted posts, private messages, screenshots, and posts you made years ago.

Middle schoolers begin building real digital footprints.

A Media Master always asks:

“Will this help me later—or snap back and cause problems?”



2. Snap Back Scenarios — What Could Go Wrong?

Read each situation. Explain in **one or two sentences** how it could “snap back.”

1. You post a joke about a friend, thinking they’ll “get it.”
2. You share a trending rumor without checking if it’s true.
3. You vent online about a teacher or coach.

4. You post a short video acting silly or irresponsible.
5. You leave a sarcastic or rude comment on someone's post.

3. Think First Analysis Boxes

For each scenario, mark the MOST responsible choice.

A classmate posts something exaggerated about themselves to get attention.

- ☐ Repost it
- ☐ Comment a joke
- ☐ **Pause and consider how this reflects on them before sharing**

Someone sends you a screenshot of a private conversation.

- ☐ Share it with others
- ☐ Ignore it
- ☐ **Tell them you don't share private info and encourage respect**

You write an angry comment but haven't hit "post" yet.

- ☐ Post it anyway
- ☐ Delete it
- ☐ **Take 10 minutes to cool off and rewrite (or not post at all)**

4. Digital Footprint Reflection

Answer in 2–3 sentences:

What kind of online reputation do you want future teachers, employers, or friends to see when they look you up someday?

5. “Fix the Post!” Challenge

Below are careless posts. Rewrite each as a **Media Master Move**.

Original: “Ugh this class is so dumb.”

Media Master Rewrite:

Original: “Look at this pic of Tyler asleep in class 😂”

Media Master Rewrite:

Original: “Everyone’s talking bad about Jordan... so must be true.”

Media Master Rewrite:

6. Quick Check: Safe, Risky, or Snap Back?

Label each one: **SAFE**, **RISKY**, or **SNAP BACK**

- Posting your pet doing tricks
- Sharing your location at the mall
- Posting a respectful compliment on someone’s art
- Sharing a video of a classmate messing up
- Commenting while angry
- Posting a funny video you made (appropriate)

Write answers:

7. Call & Response Reminder

Teacher: “What do Media Masters do before they post?”

Students: “THINK FIRST!”

Teacher: “Why?”

Students: “Because it can *SNAP BACK!*”

✓ 8. Media Master Commitment (Middle School Edition)

Check all that you commit to:

- ☐ I will avoid posting anything hurtful.
- ☐ I will think about my future digital footprint.
- ☐ I will pause before reacting emotionally online.
- ☐ I will choose honesty and kindness in what I post.
- ☐ I will be a Media Master who THINKS FIRST.

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