



Grade 4 Quiz – Lesson 1: The Rubber Band Rule

Media Masters Rock – Think First Before You Click

Name: _____ **Date:** _____

1. Multiple Choice

What is the main idea of the Rubber Band Rule?

- A. Everything online disappears after 24 hours.
- B. Everything you post can come back to you later.
- C. Only mean posts snap back on you.
- D. Only adults need to worry about online posts.

Circle one: **A B C D**

2. Multiple Choice

Why should you “think first” before posting online?

- A. Because posts are always private.
- B. Because someone else will delete it for you.
- C. Because your post could spread and affect you later.
- D. Because posts don’t matter.

Circle one: **A B C D**

3. True or False

Write **T** for true and **F** for false.

- ___ 1. A deleted post can still be saved or shared by others.
- ___ 2. A kind post can “snap back” in a good way.
- ___ 3. Only famous people need to worry about what they post online.
- ___ 4. The internet is huge, and posts can be seen by many people.

4. Fill in the Blank

Use the word bank: **responsibility • snap back • internet • think first**

1. The Rubber Band Rule says everything you post can _____.
2. Media Masters always _____ before they post.
3. People all over the _____ can see what you share online.
4. You should take _____ for what you say and do online.

5. Matching

Draw a line to connect the situation to what *could* happen.

Situation	Possible Snap Back
A. Posting a mean joke about a classmate	1. Hurting someone's feelings or getting in trouble
B. Sharing a true, kind message	2. Making someone smile or feel supported
C. Posting a rumor without checking it	3. Causing drama or spreading lies
D. Thinking before posting	4. Making a good, responsible choice

6. Short Answer

In your own words, why is it important to remember the Rubber Band Rule?
(Write 1–2 sentences.)

7. Scenario Question

You want to post a picture of a friend being silly at lunch. They don't know you took it.
What should a Media Master do?

- A. Post it right away — it's funny!
- B. Think first and ask permission before posting.
- C. Post it and delete it later.
- D. Send it to everyone secretly.

Circle one: **A B C D**