



Media Masters Rock – Lesson 1 Quiz

Grade 7 – The Rubber Band Rule: It Snaps Back!

Name: _____

Date: _____

1. Multiple Choice

What does the Rubber Band Rule teach us about online behavior?

- A. If you delete a post, it's gone forever.
- B. Everything you share online can return to you, even years later.
- C. Only rude posts can “snap back.”
- D. You should only post things that are funny.

2. Multiple Choice

Which action shows the MOST responsibility online?

- A. Posting a reaction without reading the whole story
- B. Sharing a photo of a friend without asking
- C. Thinking through the consequences before posting
- D. Commenting quickly so you don't “miss out”

3. True or False

Write **T** or **F**.

- 1. ____ Even private posts or deleted messages can resurface later.
- 2. ____ Only strangers online can see what you post.
- 3. ____ A kind post can “snap back” in a positive way.
- 4. ____ Media Masters think before they like, comment, or share.

4. Short Answer

Explain why the Rubber Band Rule matters in real life.

(2–3 complete sentences)

5. Matching – What Might Snap Back?

Match each post to its possible consequence.

Posts:

- A. Posting a screenshot of a private conversation
- B. Sharing a mean joke about someone in school
- C. Posting a helpful resource for classmates
- D. Posting a rumor you heard from a friend

Consequences:

- 1. Could hurt someone or cause bullying issues
- 2. Builds trust and helps others succeed
- 3. Breaks trust and damages friendships
- 4. Spreads misinformation and may harm your reputation

Write your answers like this: A–, **B–**, C–, **D–**

6. Scenario Question

You're upset after reading a post and want to respond immediately. According to the Rubber Band Rule, what should you do **FIRST**?

- A. Respond quickly so your voice is heard
- B. Take a minute, calm down, and think before posting
- C. Delete the post so you can't see it
- D. Ask your friends what they think you should say

7. Extended Response

Describe TWO ways a hurtful or impulsive post can “snap back” on someone later in life.

(3–4 sentences)

###