



Media Masters Rock – Lesson 1 Quiz

Grade 8 – The Rubber Band Rule: It Snaps Back!

Name: _____

Date: _____

1. Multiple Choice

What is the MOST accurate explanation of the Rubber Band Rule?

- A. Social media posts disappear once you delete them.
- B. Anything you post online can return to affect you later — positively or negatively.
- C. Only negative posts can snap back.
- D. You should avoid posting anything at all.

2. Multiple Choice

Which situation BEST shows how a post could “snap back” years later?

- A. A picture of your pet gets fewer likes than expected.
- B. A mean post from middle school is discovered by a future coach or employer.
- C. You forget the password to one of your old accounts.
- D. You share a video but no one comments on it.

3. True or False

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

- 1. ____ Even private or deleted posts may still exist online or be screenshot.
- 2. ____ The Rubber Band Rule applies only to social media, not texting.
- 3. ____ Positive posts can come back to help your reputation.
- 4. ____ Media Masters take responsibility for what they say and do online.

4. Short Answer

Explain in your own words why the permanence of online posts makes thinking first so important.

(2–3 sentences)

5. Matching – Realistic Snap-Back Scenarios

Match the behavior to its possible long-term consequence.

Behaviors:

- A. Posting an angry rant about a teacher
- B. Sharing a helpful study guide you made
- C. Spreading a rumor about a classmate
- D. Posting someone's photo without permission

Consequences:

- 1. Could harm future relationships or opportunities
- 2. Builds a positive reputation as someone helpful
- 3. Could damage trust and lead to conflict
- 4. Could hurt someone's reputation and reflect poorly on you

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

6. Scenario Question

You see a post that makes you furious. Before you respond, what is the BEST Media Master move?

- A. Type your response immediately so you don't forget what you want to say
- B. Take a break, calm down, and think about possible consequences before posting
- C. Send the post to all your friends to see what they think
- D. Comment something sarcastic so people know you're upset

7. Extended Response

Describe TWO ways that the Rubber Band Rule connects to your future offline life (school, relationships, jobs).
(3–5 sentences)

###