

Lesson 1: The Rubber Band Rule - It Snaps Back!

1. Multiple Choice

Correct Answer: B

Anything you post online can return to affect you later — positively or negatively.

2. Multiple Choice

Correct Answer: B

A mean post from middle school being discovered later — classic "snap back."

3. True or False

- 1. T Screenshots, archives, or others re-sharing the content can keep it alive.
- 2. **F** The rule applies to *all* digital communication (social media, texting, messaging).
- **3.** T Positive posts can enhance your image or opportunities.
- **4. T** Media Masters act responsibly online.

4. Short Answer (Accept reasonable variations)

A strong answer includes:

- Online posts are permanent, or long-lasting
- They may be viewed by unexpected people (teachers, colleges, employers)
- Thinking first protects reputation and relationships

Example:

"Online posts can last forever or be shared without your control. Because people

can find them later, thinking first helps protect your reputation and avoid long-term problems."

5. Matching – Realistic Snap-Back Scenarios

- A. Posting an angry rant \rightarrow 1 (Could harm future relationships or opportunities)
- B. Helpful study guide → 2 (Builds positive reputation)
- C. Spreading a rumor → 4 (Hurts someone's reputation AND reflects poorly on you)
- D. Posting photo w/out permission → 3 (Damages trust and leads to conflict)

Correct set:

A-1

B-2

C-4

D-3

6. Scenario Question

Correct Answer: B

Take a break, calm down, and think about consequences before posting.

7. Extended Response (Accept any reasonable two)

Possible correct ideas:

- Colleges, coaches, and employers may search your digital footprint.
- Hurtful posts could damage friendships or create long-term conflict.
- Unkind or impulsive posts may lead to school discipline.
- Positive online behavior can build a good reputation.
- Digital actions reflect your character offline.

Example:

"The Rubber Band Rule matters because colleges and employers can see old posts and judge you by them. It also affects friendships and trust — something you post now can hurt someone or you later."

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