

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

Lesson #2: AQBS Rule — Ask Questions. Be Skeptical.

Name: _____

Grade: 7–8

1. What Is AQBS?

The **AQBS Rule** helps middle school students become smarter, safer digital citizens by slowing down before reacting online.

A – Ask

Q – Questions

B – Be

S – Skeptical

It means you:

- ✓ Don't assume a post is true
- ✓ Don't react emotionally
- ✓ Look for purpose, evidence, and accuracy
- ✓ Think before you click, share, or comment

2. Real or Manipulated? Decide & Explain

Read each scenario. Write **REAL**, **FAKE**, or **NEEDS MORE EVIDENCE** — and explain *why*.

1. A video shows a dolphin playing basketball with a human.
Answer: _____
Why? _____

2. A friend posts: “Everyone is talking trash about you.”
Answer: _____
Why? _____
3. A verified school account posts the basketball schedule.
Answer: _____
Why? _____
4. An AI-looking photo shows a 30-foot cat sitting on your school roof.
Answer: _____
Why? _____

3. Check the Emotions — Then Slow Down

Circle the emotions that should make you pause and question a post:

 Angry  Hurt  Shocked  Scared  Overly Excited  Calm

Media Master Insight:

Strong emotions = **Stop and investigate.**

Write one sentence explaining why emotions can trick you online:

4. The AQBS Question Test

Write **ONE smart question** you could ask in each situation.

You see a post exposing a “secret school rule.”

A video claims an animal can talk.

A trending hashtag says someone at school is “canceled.”

5. Source Check: Rank From Most to Least Reliable

Rank these sources **1 (most trustworthy)** to **4 (least trustworthy)**:

- ___ A. A friend's repost
- ___ B. A science organization website
- ___ C. A random TikTok with no source
- ___ D. A local news station



6. Rewrite the Immediate Reaction

Rewrite each impulsive reaction into a thoughtful Media Master response.

Original: "OMG this is crazy! I'm sharing now!"

Media Master Rewrite:

Original: "Everyone says it's true so it must be."

Media Master Rewrite:

Original: "This post made me mad — I'm commenting NOW."

Media Master Rewrite:



7. Create an AQBS Warning Label

On a separate sheet of paper, design a digital "warning sticker" reminding others to:
Ask Questions. Be Skeptical. THINK FIRST.

Include elements like:



Question marks



Emotion alert symbols



Brain icon



Magnifying glass



8. Call & Response Reminder

Teacher: "When something online makes you feel a strong emotion..."

Students: "ASK QUESTIONS!"

Teacher: “And what do Media Masters always do before reacting?”

Students: “BE SKEPTICAL!”

9. Media Master Commitment

Check all that apply:

- ☐ I will question emotional or shocking content.
- ☐ I will look for real evidence before sharing anything.
- ☐ I will not react based on rumors or half-truths.
- ☐ I will think critically and be skeptical when online.
- ☐ I will be a Media Master who THINKS FIRST.

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