



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

Lesson #4: HOW FULL IS IT?

(Evaluate: Helpful • Hurtful • Truthful)

Name: _____

Grade: 7–8

1. What Are We Evaluating?

Middle school Media Masters don't just react — they **evaluate** posts using these filters:

- **Helpful:** Adds value, teaches, supports others, or improves understanding.
- **Hurtful:** Insults, excludes, embarrasses, manipulates, or spreads cruelty.
- **Truthful:** Backed by reliable sources, evidence, and scientific or factual accuracy.

A single post can be **more than one**—your job is to analyze it.

2. Analyze the Post

For each example, check all that apply: **Helpful / Hurtful / Truthful**

1. “Here’s how to fix a glitch in the game. It worked for me.”
☐ Helpful ☐ Hurtful ☐ Truthful
2. “Don’t sit with Jordan. Everyone says he’s weird.”
☐ Helpful ☐ Hurtful ☐ Truthful
3. “Scientists just discovered a new species of jellyfish. Link to article.”
☐ Helpful ☐ Hurtful ☐ Truthful

4. “Click here to see the CRAZIEST thing ever! You won’t believe it.”
☐ Helpful ☐ Hurtful ☐ Truthful
5. “Here’s a website that helps you practice fractions.”
☐ Helpful ☐ Hurtful ☐ Truthful

3. Short Response: What Makes a Post Truthful?

Write **2–3 sentences** explaining what makes a post **truthful** online:

4. Fullness Case Study

Read this post and answer the questions:

POST:

“BREAKING: You can charge your phone faster by putting it in the freezer for 5 minutes!”

- Is this **Helpful**? Why or why not?
- Is this **Hurtful**? Could it cause harm?
- Is this **Truthful**? How could you check?

5. Create Your Own “Fullness Test”

Write three questions a smart Media Master should ask before sharing a post:

- 1.
- 2.
- 3.

6. Optional Challenge

On a separate sheet of paper, rewrite one of the hurtful or untruthful posts into a post that IS either helpful or truthful.

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