

# Media

What is **“the media?”** It’s movies, music videos, TV shows, commercials, billboards, magazines, newspapers and Web sites. The media sends you many messages that can influence how you think: **“Dress like a model.”** **“Don’t get fat.”** **“Wear designer clothes.”** It’s important to sort out the messages you see and hear. Which ones are right for you? Which ones aren’t?



## “Real Girl” TV

Flip back and forth between channels to look for girls and women in commercials, television shows, music videos, news broadcasts, etc.

Write down words that describe the images you see. For example, “tall and skinny” if this is how most girls and women appear.



### Once you’re done, answer the following:



What messages are being sent? Are they accurate?

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How do these messages make you feel about yourself?

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How would you like to see girls and women portrayed on television?

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Which shows and commercials do you think are the most realistic?

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Are these the shows and commercials you watch? Why or why not?

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How do the images compare to you and your friends?

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