

Media Literacy

Exercise





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age recommendation: years 8 & above

Strengths and achievements boards can help us see the good things about ourselves. Making a board like this with your daughter can help her feel more confident and proud of who she is. By writing down and celebrating her strengths and achievements together, you can show her how special she is and help her think positively about herself.

MATERIAL NEEDED

TV, Computer, or Smartphone

To watch a TV show, movie, or social media content together.

Internet Connection or Streaming Service

Access to online content, streaming platforms, or social media apps where you can find the media you want to watch.

Comfortable Seating Area

A comfortable spot where you can both sit and watch the content together, like a couch or chairs.

Notebook and Pen

To jot down any points you want to discuss or make notes about specific examples of unrealistic beauty standards.

Snacks

To make the experience more relaxed and enjoyable, you might want to have some snacks or drinks.



STEP 1 INTRODUCTION

Let your daughter know that this is a relaxed conversation, not a lecture. The goal is to share thoughts and learn together.

Make sure you're both comfortable. Grab some snacks, find a cozy spot, and make this a relaxed and open time together.

STEP 2 SELECTION

Choose a TV show, movie, or social media content that is popular with teens and has clear examples of beauty standards. You might pick a show your daughter already likes or explore something new together.

Reality TV shows, music videos, Instagram or TikTok influencers, or popular movies known for their focus on appearance and beauty.

STEP 3 OBSERVE

Pay attention to how beauty and appearance are portrayed. Take note of any moments where unrealistic beauty standards are shown.

Mention how these images might have been edited or altered. Talk about the use of filters, photo editing software, or makeup techniques that make people look different from real life.

Perfect skin with no blemishes or wrinkles.
Extremely thin or muscular body types.

Perfectly styled hair and makeup in every scene.
Unrealistic body types.



STEP 4

DISCUSS

Encourage your daughter to share her thoughts.

“What do you think about the way they show beauty in this video?”

“Do you think people really look like this in real life?”

“How does seeing these images make you feel about yourself?”

Explain that the media often promotes a certain image of beauty that’s not real. Remind her that many of these images are designed to sell products or create a specific look that is not achievable for most people.

STEP 5

SHARE

Share your own thoughts on the unrealistic standards you’ve noticed and how they might affect people’s self-image.

Ask your daughter if she has ever felt pressured to look a certain way because of what she sees in the media.

STEP 6 ENCOURAGE

Encourage your daughter to think critically about the media she consumes. Suggest she ask herself questions like:

“Is this image real, or has it been edited?”
“Why is this person being shown this way?”
“How do I feel after seeing this?”

STEP 7 REASSURE

Talk about the importance of recognizing and valuing real beauty, which comes in all shapes, sizes, and looks. Emphasize that true beauty is about being confident, kind, and true to oneself.

Thank your daughter for sharing her thoughts and being open. Tell her how proud you are of her for thinking critically about what she sees.

Let her know that you’re always there to talk about anything that makes her feel unsure or pressured by what she sees in the media.

CONNECT