

Media Literacy 101 Discussion Guide

The media literacy video is just one part of this lesson. We have provided a list of discussion questions broken down by each slide/topic presented in the video. You can pause the video at these points to ask questions, or use some or all of these discussion questions after watching the entire video. Also, this can be done individually or as a group.

Effects (Slide 3)

1. Do you think media literacy is important? Why or why not?
2. Have you ever found that your mood or attitude about your appearance change after seeing an image of another person?

Media (Slide 4)

3. What did you think when you heard about some of the things people go through to meet media beauty ideals? Was any of it surprising? Why or why not?

Photoshop (Slide 5)

4. Most of us probably knew of the existence of photoshop and that it can drastically change the way someone looks. Do you think knowing of the existence of photoshop is enough to see an image and automatically think “hey, that person does not look like that. I should not compare myself to them”? What else might it take to start thinking critically like this?

Social Media (Slide 6)

5. Think about a day you spent several hours on social media or taking pictures for social media. Now think about a day you spent time doing something else. Was there a difference in the way you thought and felt about your appearance between these two days? Explain.

Contact Dr. Ginny Ramseyer Winter at RamseyerWinterV@Missouri.edu for more information.

**Our vision is to improve body image, health, and wellness
for individuals, families, and communities.**